

Remember (The Return)

The Movement

Sometimes I swear I fall asleep singing
Songs in my head just to drive away the demons
To push aside any negative feelings
Can't even say what I dream

Sometimes all I hear is that clock ticking
I close my eyes and I find myself slipping back
Tearing pages out this notebook
Ripping them to shreds cause they don't say what I mean

And then I take a deep breath
Step back, relax
I think about all the good times and laughs that I shared yesterday
That I had today
I'm so grateful cause I can say

I remember what it was like to not know peace
Every waking moment a blur
And I remember what it was like to not know love
But now I receive what I return
I remember what it was like to not know peace
Every waking moment a blur
And I remember what it was like to not know love
But now I've returned

Sometimes everybody gets caught wishing
They had another life, had another mission
They gotta make that incredible decision
To trek along in service and light

We all have to make the choice to rise above it
It might be hard but grit your teeth and go and tough it out
Scream and shout, do what you will but love it
Cause this is our purpose in life

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What it was like to not know love
What it was like to not know peace
What it was like to not know love
But now I've returned