When you feel down and you've nobody to turn to When you feel you're about to give up
The sun goes down and darkness surrounds you
And it's runnin' dry in your lovin' cup

Cast the spirit, cast it out
If it's in your body, then let it out
Put out the fire, let it cool down
If it's in your tears, then let it drown

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You can't ignore the feeling inside you In your mind you're without a friend The spirit is there, it's in every doorway You say to yourself, will it ever end

Cast the spirit, cast it out
If it's in your body, then let it out
Put out the fire, let it cool down
If it's in your tears, then let it drown

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When you feel down and have nobody to turn to You say to yourself, why can't it be The sun goes down and darkness surrounds you You feel you want to be free

Cast the spirit, cast it out
If it's in your body, then let it out
Put out the fire, let it cool down
If it's in your tears, then let it drown

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Cast the spirit
Cast the spirit
Cast the spirit ...