I can hold my breath for a minute or so
Five days without food is as long as I'll go
I didn't sleep once for four days and three nights
I once didn't stop for seven red lights
I jumped into water that's fifty degrees
I've rowed in a kayak in thirty foot seas
I've stayed in the woods for a week with a knife
A flint, when I lost it, nearly cost me my life
Twenty years later, I'm still upside down

R: It's a small world, but it's turning real fast
(We're upside down)

It's a new day, and the morning has passed
(Turned upside down)

It's a short road, but the mountains aren't tall
(Lived upside down)

It's a small world, but we all start out small

I've?pulled through air? though I feel I'm alone, I stick with the others to the skin of the stone I stop for a stranger just to give him a lift I cling like a lizard to the side of the cliff I treat every minute like an hour and then, It seems like a year has flashed by again We build a foundation but where do we stand When all air is water and all water is land Twenty years later, I'm still upside down

R:

Feel it turning in circles and you're never the same again Spin slowly while sounds cascade and decay Upside down

R:

Inside this silence see, all are free all are free
Second time around
Inside this silence see, all are free all are free
Second time around
Inside this silence see, all are free all are free
Second time around
Inside this silence see, all are free all are free
Second time around
Inside this silence see, all are free, all are free...