## **Rise Above**

You can rise above With a little bit of love

Life has taught me one thing How it is I wanna live Love has shown another light Gave me something to believe in There is love, hate, birth and dead For us all In these pits do not fall Rise above

Detachment from the body's needs Cannot live my life in fear From my mind I must be free Free at least I see so clearly There is wealth, loss, pleasure, pain In this world So you know This will go Quick as it comes

And like the smoke we rise You better open your eyes Cuz your soul can't hide behind the lies Open up and breathe You gotta plant the seed Check the flow of the breath over reed