

# Well Being

Eyedeas

[background]

And now the voice in your head IS yours

[Eyedeas]

Take a deep breath there's nothing to be afraid of  
What you just did was fall to the depths of existence  
The place the mind keeps you away from by it's own process  
Of building models for understanding  
This is not insanity, this is in fact the ultimate reality  
The union you've achieved is only possible in thoughts no more  
You never fall if you never fight

[background]

You never fall if you never fight

[repeat 2X]

You found yourself falling into madness so you dove  
The best thing you ever did was let go

[repeat 2X]

I found myself falling into madness so I dove  
The best thing I ever did was let go

[Eyedeas]

See life is a play that we are always acting out  
Without ever seeing it from the writers or audiences point of view  
When we reach infinity we become the writer  
The actors and the audience at the exact same time

So here you are, and now you understand  
You always were here, that's why you always ran  
But you can only run away for so long  
Before you catch up with yourself and become part of the song  
I'd like to welcome you, to the heaven you've created  
I tell the truth, this is the wisdom of the ancients  
Holding onto something contradicts or being, so fly free {\*repeat 4X\*}  
Maybe I had to go crazy to get where I am  
I felt myself slipping away and I let myself fall  
Gotta lose your mind before you find it  
And when you finally find it you'll find out you never lost it at all  
There's a natural flow, that's attached to the soul  
It don't ask you to go, it just gradually pulls  
It's always now and your never not you  
So follow yourself because if nothing else your existence is true

[Chorus]

Have you ever felt yourself slipping away? I am, I mean, I was slipping away  
But no matter what I am I'm me, and I know me so I'm ok  
Have you ever felt yourself slipping away? you are, I mean, you were, slipping away  
But no matter what you are you you, and you know you so your ok

[Eyedeas]

I'm not a poet or a communist, a comet or a star  
You're not a genius or a prophet, you just are  
I'm not insane cause I have no need for my sanity  
It's just another chain that keeps me from reality

Reality is mine to play with and mold  
The best thing I ever did was let go  
So let go of the models transcend the physical mind  
And peacefully become part of the whole  
The walls came tumbling down, but this town it was for creeps  
I've been runnin around, lookin for my feet  
And now a part of the ground, and if the ground complete  
Live in the now and forever be at peace  
Live in the now don't stray away from the cycle  
I'm one with the universe, one with the life flow  
When you know that that which is below is above  
The fear you once had will become love (feel the love)

[Chorus]

[Eyedea]

It starts out with a question. how much of it is real?  
Now all is irrelevant, outside of this ordeal  
Don't worry about explainin it there ain't no human language  
That can actually describe exactly how you feel  
Now I see clear, through external distractions  
Piece by piece it comes together, so I laugh and I smile  
In the beginning it was deranged  
But I guess all things come to pass, after awhile  
If madness could have a picture face how would it look?  
Like step one to becoming the contents of your own book?  
Right where you are right now is where your gonna stay  
And as long as you're always moving with yourself you'll, never slip away