

# This Is

Grace Jones

This is my voice  
My weapon of choice

This is life  
This is life

This is plate  
This is a cup  
This is a story I didn't make up  
This is a girl lost in the woods  
Some kind of wagon from some other 'hood

This is a voice  
These are the hands  
This is technology  
Mixed with the band

Are you going into the light  
Are you free of fear today  
When you lie down to sleep do you kind of float away

This is life  
This is life

Most of my crimes are of optimism  
40 thousand volts of recognition  
They tried to strip me of dignity  
But I still have tenacity

These are the words I didn't invent  
Only an attempt to say what I meant

This is the paper  
This is the pen  
This is my weapon  
A means to an end

Are you going into the desert  
You're out of control of your fate  
There are no warriors without a war  
So get ahead before it's too late

This is life (ya'll)

Lay down your spear  
Let go your fear  
Far becomes near

Oh Lord  
This is life (hey!)

This is the tree  
The Buddha slept under  
These are the clouds  
This is our thunder

This is what makes me look up and wonder

Into the eye of the wind  
Through the rain  
On to the plain

This is what I'm focused on  
This is my head on straight  
This is the harness  
This is the bait  
This is me  
I'm flying again

This is a lie  
Professional liar  
Day after day  
Igniting the fire

This is the key  
This is the door  
Imagine the view from the basement floor

(Hey!)

Now you're going into the desert  
You're out of control of your fate  
Are you a slave in a chain of command  
Serving up another man's head

This is life

Lay down your spear  
Let go your fear  
Far becomes near  
Look out

This is life

Are you going into the light  
Are you freeing your fear today  
When you lie down to sleep  
Do you kind of float away

This is depression  
It comes when you're blocking  
This is expression  
It comes when your rocking

This is life

This is (ha! Ha! Ha! Ha!)

This is (ha! Ha! Ha! Ha!)

This is (ha! Ha! Ha! Ha!)

This is (ha! Ha! Ha! Ha!)

This is (ha! Ha! Ha! Ha!)

This is (ha! Ha! Ha! Ha!)

When you lie down to sleep  
Do you kind of float away  
(This is a plate, this is a cup, this is a story, this is a story I didn't make up)

When you lie down to sleep  
Do you kind of float away  
(This is a plate, this is a cup, this is a story I didn't make up)

This is the world still healing  
This is man that's feeling  
This is the world still turning  
This is the rage still burning  
This is the man not learning  
This is life