This is a message, this is a wake up call

If you've fallen further than you thought you could fall

Go on, get up now, you screwed yourself to the floor

But you've not screwed, if you choose, anymore

This is a message for you You should take this call This is a message for you Before you fall back down

Hey automatic, disengage Cut the schedule, leave the plan alone Walk with the living, the flesh and the blood Are waiting for you back home

This is a message for you You should take this call This is a message for you Before you fall back down

And when the pieces get picked up There are those edges that can cut It's a risk you're going to take

You've got to stop this almost-clever Simple things should be simply said What you believe in, if there's anything Let it replace the mess in your head

This was a message for you
I hope you took this call
This was a message for you to stop
You falling down, back down