

## Alive And Awake

Mortal

We walk the walls in this freak of flesh  
Along the twists of our visceral mesh  
Against the powerflow of motionless flood  
It's an experience of flesh and blood  
I face the wave of this gravity  
I face the Beauty in the things i can't see  
I face the Weakness that has rendered me strong  
I face the fate of my existence head on  
Ready to Bleed  
Ready to Feel  
Ready to Love  
Without fear  
I, i'm alive, am Alive, i'm alive and Awake !  
I pray for wisdom in the days of my Youth  
I pray for courage in the presence of Truth  
I pray for Grace at each approach of the sun  
I pray for peace and for the Kingdom to come  
I walk the world in this vessel of flesh  
Inside the twists of this visceral mesh  
Caught in the powerflow of motionless flood  
It's an experience of the flesh and the blood  
For all that lives and dies  
Entails a sacrifice of love  
Though the earth, the surf, the skies  
Are gilded with good-byes  
Be sure - God is in Control  
And when the dead leaves fall  
For time will fail us all  
Never fail to remember  
The One in whom we move and breathe  
And have our being  
Is the God who's in Control !  
How do we die ?  
How do we sleep ?  
When we're ready to be human  
- without fear