## A Cell

## **Project Pitchfork**

Feel the routine of your heart Feel the routine of your lungs Feel the routine of your steps Feel the routine of your moves Feel the routine of your dance

Please let your fear fall away Here comes the ego And means it's not worth it Tomorrow will be harder Than yesterday was

This is a wave reaching you Through these notes In your heart may move a stone These are just words

That's why you hide Don't blame them for The pictures you form inside