

## Catch A Spirit

Snot

Catch a spirit

Spirit  
Fly high  
Soul rise  
Rise above it

Catch a spirit, can you hear me?

Spirit  
You guide me  
You lift me  
Be with me

Spirit fly free  
Fly free  
With me  
Rise above it

Catch a spirit, can you hear me?

Feel the pain, feel the pain  
Of a friend gone away  
I feel your presence when I play  
But I'm gonna lift myself up  
I'm gonna get my head up  
And when you see me from the clouds  
Be proud...

Spirit, I miss you  
I feel you rise above it

Catch a spirit, please can you hear me?