

We barely remember
Who or what came before this precious moment
We are choosing to be here
Right now
Hold on, stay inside

In this holy reality
In this holy experience

Choosing to be here in
This body
This body holding me
Be my reminder here that I am not alone in
This body
This body holding me
Feeling eternal, all this pain is an illusion

Alive

In this holy reality
In this holy experience

Choosing to be here in
This body
This body holding me
Be my reminder here that I am not alone in
This body
This body holding me
Feeling eternal, all this pain is an illusion

Twirling 'round with this familiar parabol
Spinning, weaving 'round each new experience
Recognize this as a holy gift and
Celebrate this chance to be

Alive and breathing
A chance to be
Alive and breathing

This body holding me
Reminds me of my own mortality
Embrace this moment, remember
We are eternal, all this pain is an illusion