

**Idy****"Sugar, Free Donuts"**Visit "[Sugar, Free Donuts](#)" on [MotoLyrics.com](http://MotoLyrics.com)

There is this energy  
That flows from withing  
There is this volition  
That's constantly repressed  
The ability to connect  
To live and love without regret  
Exists inside the self  
Before barriers obscure it  
Subdued by artificial means  
Bondage that bites into weak flesh  
Sedatives to tranquilize  
Drain the meaning from our lives  
A theft, a self imposed sentenced  
Doomed to watch devoid of passion

We cannot stand idly by  
As the years are drained from our lives  
Real truth and interaction  
Obscured by false pretense

Do you think that you are free?  
Is that really what you believe  
Can you see out past the blinds  
Placed on your perception

There is no way not to notice those  
Whose eyes are dull and lifeless  
Succumbed to promises of fulfillment  
A tragedy of epic proportions

There is this energy  
That flows from withing  
There is this volition  
That's constantly repressed  
The ability to connect  
To live and love without regret  
Exists inside the self  
Before barriers obscure it

Don't let numbness  
Replace your spirit

Don't live in fear  
Of the gifts you've been given  
We can never exist fully  
Underneath chemical repression

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