

## **James Lynn Strait**

### **"Catch A Spirit"**

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Featuring max cavalera of soulfly

Lyrics written by max cavalera

Music written by mikey doling/tumor fahnestock

Produced by mikey doling/tumor fahnestock and jim wirt

Engineered by jim wirt

Guitars: mikey doling

Bass: tumor fahnestock

Additional bass: marcello dias/shavo odadjian

Catch a spirit

Catch a spirit

Rrrrrrrgoooo

Spirit fly high

Soul rise

Rise above it

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

With me

Rise above it

Spirit you guide me

You leave me forever

Spirit fly free

With me

Rise

Catch a spirit

Can you hear me

Feel the pain

Feel the pain  
Of a friend gone away away  
I feel your presence when I play  
Freedom blesses you this way  
Freedom rise from this way  
But help my self up yeah  
How can I get my heart controled  
I know you see me from the clouds  
Be proud...

Spirit I miss you  
I feel you rise up off me  
Spirit I miss you  
I feel you rise

Catch a spirit  
Please can you hear me

Pray

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