

Kate Reid

"Rise Up"

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It's been a rough morning, in fact it's been a rough
week
The sky is blue but I don't hear you calling me
And I missed this train, I didn't even hear it pull into the
station
And now I'm waiting all alone in my shame
You asked me over to sing a few
I said, can't, I've got a job to do
And I felt that familiar nothingness coming through

What is it that keeps me frozen even when it's warm
outside
What is it that keeps me down when I'm supposed to fly
I'm supposed to fly

See there's old blood coursing through me
From the lives that have gone before me
And it slows me down now and then
And despair built my bones
And fear forged my flesh
But there's a warrior's spirit somewhere in here too

And the truth is that life has always terrified me
But dying empty always terrified me more
It terrifies me more, yeah

And I know how to make friends with other people
But I haven't yet learned how to make friends with
myself
So I play music to fill that space in me
And I know the earth has birthed a place for me

And it's the heart that we've got to pay mind to
Or we may find ourselves where we ain't supposed to
be
And sometimes I can't see beyond my own eyes
But I know inside that I'm gonna rise up
I'm gonna rise up, yeah
I'm gonna rise up, yeah
I'm gonna rise up

