

## Live

# "Operation Sprit The Tyranny Of Tradition"

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heard alot of talk about the ocean

heard alot of talk about the sea

heard alot of talk about alot of things

never meant that much to me

heard alot of talk about my spirit

heard alot of talk about my soul

but i decided that anxiety and pain

were better friends

so i let it go

did you let it go?

let's get it back.

let's get it back together.

heard alot of talk about this jesus

a man of love, a man of strength

but what a man was two thousand years ago

means nothing at all to me today

he could have been telling me about my

higher self

but he only lives inside my prayer

so what he was may have been beautiful

but the pain is right now

and right here

let it go!

let it go!

let it go, my friend

and let's get it back

let's get it back together

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