

## **ALO**

# **"States of Friction"**

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At the start  
We had a lot of heart  
In the beginning  
Before the thing was spinning

We had a dream  
Didn't know what it would mean  
But we felt that if we held it it would grow  
In our minds  
We came up with lots of reasons  
Cause it felt like it'd be treason to let go

To let go of a thing when you've made an agreement in  
your heart  
If you leave then the whole thing starts to fall apart  
If you stay then you just end up in a constant state of  
friction

In the middle  
Someone hit the pedal  
Accelerated  
Thought we finally made it

But when we arrived  
We hardly recognized it  
Hypnotized and tired from walking on the stones  
In our minds  
We came up with lots of reasons  
Cause it felt like it'd be treason to let go

To let go of a thing when you've made an agreement in  
your heart  
If you leave then the whole thing starts to fall apart  
If you stay then you just end up in a constant state of  
friction

Weightless in the atmosphere  
Does all the tension disappear?  
Digging deep to find the strength  
To move from love and not from fear  
Cut the cord, floating up  
Looking back and letting go

In the end  
We either break or bend  
Or we learn to live inside the tension  
In our minds  
We come up with lots of reasons  
When it feels like there's no reason to let go

Constant state of friction

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