

# Soulfly

## "Catch A Spirit"

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Catch a Spirit!

Catch a Spirit!

RRRRRGGGGGGGHHHHH!!!

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

We're gonna rise it

Spirit

You guide me

You lift me

Be with me

Spirit fly free

Fly free

With ME!

Catch a Spirit!

Can you Hear Me?!

Spirit fly free

Fly free

With me

Rise above it

Catch a spirit,

Can you hear me?

Feel the pain feel the pain

Of a friend gone away  
I feel your presence when I play  
But I'm gonna lift myself up  
I'm gonna get my head up  
And when you see me from the clouds  
Be proud... (Repeat where appropriate)

Spirit I miss you  
I feel you rise above it  
Spirit I miss you  
I feel you RRRRISSSSSEEEEE  
Catch a spirit, please can you hear me

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