

I'm trying to forget
Like a rolling fog
An omnipresent rolling fog
I cannot.

So I sit and stew
Where nothing is clear and nothing feels new
After a while I'm used to the view
Not because I want to be
A victim of emotional atrophy
Certainly this isn't me
If you go too long ignoring your soul
It dies a slow death in the shape of a hole
What once was ripe is now too thin

To get out of any fog, this is where you begin

You never see the light by focusing on the dark
Never soar like a bird acting like a shark
The time is now to reorient your brain
Perhaps your toughest journey, but you cannot complain
Put your fork down and do not subsist
Put up your arm and make a fist
Complaining is no longer your food
Better to starve than maintain your mood

This moment is new and we're focusing on good
This moment is new and we're focusing on good
This moment is new and in one second we could...

Jump from this cliff
 The water will be fine
Cross the dance floor
 Just to meet those eyes
Scream from the rooftops
 They want to hear my words
Inject kindness into the universe
 For that is my soul I'm sure

And just like that, I see for miles
I could be depressed it took all this while
I'm trying now to remember what I was trying to forget
This moment is new and there's no more regret