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Sometimes I sit and I ask myself what it means to be alive
To be this collection of carbon and water just drifting through linear time
Though mostly the answers just lead to more questions, I think I can honestly say
That a human being with no sense of humor seems dangerously out of place

None of us is getting any younger Yet some of us are wasting so much time Worrying about the stress we're under Until we realize it's all just in our mind

And let it go, yeah let it go See what it's like to let it flow Let it flow, yeah let it flow See what it's like to let it go

Sometimes I stop, look around, and say "thanks", for taking me on this ride My elbows are sore, my back often aches, and a few of my brain cells are fried The peace that I feel when I feel something real is why I continue to dream It's so good to know in my heart and my soul that Love is a powerful thing

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And let it go, yeah let it go See what it's like to let it flow Let it flow, yeah let it flow See what it's like to let it go

See what it's like to do something right See what it's like to stand up for what's right

None of us is getting any younger Yet some of us are wasting so much time Worrying about the stress we're under Until we realize it's all just in our mind

And let it go, yeah let it go See what it's like to let it flow Let it flow, yeah let it flow See what it's like to let it go