In Your Mind

[Intro]

I didn't mean to make you cry, by telling you - the truth.

What I was thinking out loud, wasn't meant -for you.

But you're stuck right now, believing there's no escape—

A prison where you and the guards wear the same face.

[Verse 1]

You defined the wall with your own created rules.

Couldn't get away cause you couldn't get through you.

Oh, the pain of realizing all you had to do—

Was choose.

Just walk away.

Let go.

NO MORE MENTAL SELF-ABUSE!

[Chorus]

There’s no walls to the prison of our minds.

We’re free to leave it—any time.

We find our own reasons why we stay.

So, I'm offering freedom when I say—ay:

Get away, let it go, leave it all behind.

Get away, let it go—

You're a prisoner...

[pause]

...of your own mind.

[Verse 2]

I'm no different, it's just a different day.

I had my own demons keeping me inside my hell.

I escaped the prison with a decision made inside—

I can be happy with myself... yeah, that's all right.

You're probably thinking, What about them, they, and those?

Giving out leashes to keep you, I suppose.

But they don’t live in your skin. In there, they don’t reside.

Just me.

Just you.

I wanna be happy—

how 'bout you?

[Chorus]

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[pause]

...of your own mind.

[Bridge]

WHERE’S THE WARDEN NOW?

Tell them—let you out.

You were free all along,

But dressed up your cell,

You made it into your home.

WHERE’S THE JUDGE GONE?

They got your verdict wrong.

You deserve a retrial in your fantasy.

Don’t be mad when you see—ee

You were always free—ee

Just sad when you heard me—ee

But that’s the real reality—ee

[Verse 3]

The one in the mirror is the only one that knows how to get away.

But the one looking in the mirror knows how to keep you in your place.

Our minds are designed to be a traitor to ourselves.

We don’t need any help to be held in our hells.

You got to get away—

Meditate.

Se-da-ate.

Educate.

Then celebrate.

YOU’RE FREE—EE.

LIKE ME—EE.

[Outro – Release Chant]

GET FREE—EE (climb or crawl, climb or crawl)

YOU’RE FREE—EE (where are the walls? where are the walls)

GET AWAY—AY (there are no walls, there are no walls)

TO-DAY—AY (to-day, to-day, to-day, to-day)