Live, Operation Spirit (The Tyranny Of Tradition)

Heard a lot of talk about the ocean Heard a lot of talk about the sea Heard a lot of talk about a lot of things Never meant that much to me

Heard a lot of talk about my spirit Heard a lot of talk about my soul But I decided that anxiety and pain Were better friends So I let it go

Did you let it go? Let's get it back Let's get it back together

Heard a lot of talk about this Jesus A man of love, and a man of strength But what a man was two thousand years ago means nothing at all to me today

He could have been telling me about my higher self
But he only lives inside my prayer
So what he was may have been beautiful
But the pain is right now
And right here

Let it go! Let it go! Let it go, my friend And let's get it back Let's get it back together