

# Snot, Catch A Spirit

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