

Stretch Arm Strong, Every Last Minute

This world's surrounded by suffering
don't think you can't break free from it.
Sometimes I feel, and you'll see,
the harshness of reality.

You can always break free from it
to sit still and truly be.

Our time is endless

but we can't see each moment's grace and all its sensitivity.

We get caught, confused from the start
on the battlefield raging in our hearts.

There's no compassion for ourselves
and nothing left for anyone else.

[Chorus]

Pushing forward to break through
our constant struggles with the truth
and the problems that we hide

unawareness leaves its stains

SENSELESS VIOLENCE AND THE PAIN.

I'M IM TRYING MY HARDEST

RECOGNIZE THE DESPERATION

IT'S THE FIRST STEP TO THE LIGHT.

LOOK INSIDE FOR INSPIRATION

IT'S THE FIRST STEP TO THE LIGHT.

[Chorus]

Pushing forward to break through
our constant struggles with the truth
and the problems that we hide

Wrapped up in our selfish senses,
days passed by and seem so senseless.

Our endless fighting breaks us down.

We can mend this suffering. We can break free from it.