

James Lynn Strait, Catch A Spirit

Featuring max cavalera of soulfly
Lyrics written by max cavalera
Music written by mikey doling/tumor fahnestock
Produced by mikey doling/tumor fahnestock and jim wirt
Engineered by jim wirt
Guitars: mikey doling
Bass: tumor fahnestock
Additional bass: marcello dias/shavo odadjian

Catch a spirit
Catch a spirit

Rrrrrrgoooo

Spirit fly high
Soul rise
Rise above it
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
With me

Rise above it
Spirit you guide me
You leave me forever
Spirit fly free
With me
Rise

Catch a spirit
Can you hear me

Feel the pain
Feel the pain
Of a friend gone away away
I feel your presence when I play
Freedom blesses you this way
Freedom rise from this way
But help my self up yeah
How can I get my heart controled
I know you see me from the clouds
Be proud...

Spirit I miss you
I feel you rise up off me
Spirit I miss you
I feel you rise

Catch a spirit
Please can you hear me

Pray