

THE SELF-EXPLORATION CHAIR

No windows - no light - you hide
You take a seat and you look inside
Listen to the beating of the heart
Counting down - it's about to start

Open doorways lead you on
Images of the lost and gone
A melting pot of emotions
You calculate but deviations

You start to sweat and tremble
You're feeling numb
You dissemble
Clutching to the armrests
Hold on tight
There's chaos raging
An inner fight

Sit down if you dare
Ah - ah - ah

The self-exploration chair
The self-exploration chair

A journey to your hidden stories
Past downfalls and past glories
Smiling - frowning - teardrops fall
The turbulence ends
with the wake up call

Too heavy for you to bear
Sit down if you dare
Ah - ah - ah

The self-exploration chair
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