

**Lyrics & Vocals:** Vandal

**Music:** Paul Crans

**Title:** Fo'rest

In the forest I escape the grind  
In the forest I can lose track of time  
In the forest the sounds all natural  
In the forest the feelings so magical

Close my eyes the fresh air hits my nostrils space to clear my mind where anything is possible tuned in a state to relate feeling great the escape from the race in a place what a vibe.. Can you hear it?

Describing the emotions the smell of the ocean the coast of Poland easy on the motion beats from the chosen Crans with potion

If you listen real close you will find a diamond in the rough in the mine of your mind bare feet on the earth coursing through my spine in waves like a sine respect the design

I'm so inclined when I climb I reach heights on top with a view like I'm about to take flight / wind whisks through the trees in a breeze shaking all the leaves a feeling I'm at ease

Memories are the only remains we can claim cause all things change interchange we here to experience life in the moment in the forest where the sunlight is golden

Walking on the path it's time to depart but the music lives on the like the beat of my heart the ending is the start and the start is the ending deep in the forest the vibe is transcending.

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