

# Fight or Flight

*The Fourth album by Matt Hall & The Meteor Shower*

## Days Gone By



### Verse 1

Basking in the sun  
A picture postcard of home  
A chocolate box village  
Painted in pastel tones

**Marzipan cottages  
A honeycomb church  
Ducks in the millpond  
A freeze frame in history**

**Chorus**

**These days gone by  
Right before our eyes**

**Verse 2**

**Away from the crowds  
To the fields all around  
Fields of barley and saffron  
A horizon of sweetness**

**A cluster of trees  
Where the woodpeckers shoot the breeze  
The birds and bees  
A world of perfect symmetry**

**Repeat Chorus**

**Solo**

**Verse 3**

**The long, long days  
We dream through early June  
Before the dog days of summer  
Burn all the haze away**

**The dogs are barking**

While we sit and play  
In a sepia photograph  
The longing still remain

Repeat Chorus & fade

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## Lazy Days



### Lazy Days

*V.1 Head off from the road and through the trees  
To the edge of the overgrown common  
Past the forest and the evergreens  
To a clearing where timber logs are stacked in heaps*

*A plume of smoke rises through the air  
Just another still October afternoon  
There's no crisis, nothing changes here  
Just the sweet march of time, like in a daydream*

**Ch** *You're living through these lazy days  
No reason to watch the time fly*

**V.2.** *You feel so alive  
On your own again  
In the countryside  
Life without a care*

*Romantic poets  
Wrote of better times  
And followed footprints  
In ecstatic rhyme*

*Reminiscences of yesterday  
Feeling like ice water to a jaded mind  
Through the cobwebs and the holloways  
Sanity in the madness isn't hard to find*

**Ch** *You're living through these lazy days  
No reason to watch the time fly  
And it's too late to change your ways  
Even if the world has passed you by*

**V.3.** *A path snucks uphill into woods  
Underneath a canopy of golden lace  
Feeling lost among your reveries  
Climbing up the hillside to a lonely place*

*There's a road heading back to town  
But it feels like a long, long way away  
And the forest is the only sound  
It's idle living, living in a state of grace*

**Ch** *You're living through these lazy days  
No reason to watch the time fly  
And it's too late to change your ways  
Even if the world has passed you by*

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*Pevensey*



*Pevensey*

*Verse 1*

*Summer meadows buzz  
Romney sheep wander aimlessly  
Round the neighbourhood  
Grazing in the heat of the afternoon*

*Chewing endless cud  
The bullreeds swaying effortlessly*

*To the cadence of gulls  
Circling and mewing up above*

***Chorus 1***

*The big skies down in Pevensy  
Lonely miles along a shingle beach  
With horizons stretching endlessly  
While night stars stride the galaxies*

***Verse 2***

*Mellow fruitfulness  
Sweet as blackberry pie  
The gloaming fills our lives  
And another year passes by*

*The sea has long since retreated  
But may reclaim the land one day  
But for now we're happy  
Gathering the hay (hey)*

***Repeat Chorus 1***

***Middle 8<sup>th</sup>***

***Verse 3***

*Winter's sodden fields  
Sulk in misty fog  
And the hidden ditches  
Sluice the marshy bogs*

*Bare trees like some gangly ghosts  
Hawthorn's knotted limbs  
And the empty shoreline  
Fades into the dim twilight*

***Chorus 2***

*Miss the skies down in Pevensy  
Miss the boats going out to sea*

*Bring the summer back to Pevensey  
Let's settle down on your lazy beach*

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*Reality Revisited*



*Verse 1*

*Flashing neurons through your mind  
Tell you danger's close behind  
The mind's eye senses no delay  
But did you actually feel the needle straightaway ?*

*Bridge 1*

*The clearest thoughts in hindsight  
Seems as clear as dark in daylight*

*Chorus 1*

*It's just reality revisited  
Idle consciousness – just thinking...*

*Verse 2*

*The snakebite pierces through your skin  
What an unforgiving sensation  
Held up in imagination  
And backdated in our perceptions*

*Bridge 2*

*As consciousness controls our worlds  
And makes sense of the nonsense surrounding*

*Chorus 2*

*It's just reality revisited  
Impulses delayed in real time  
It's just reality revisited  
Senses re-relayed – just thinking...*

*Verse 3*

*And you may ask where sense comes from  
And how we worked out right from wrong  
As the outside world now comes inside  
Maybe chicken and egg existed along*

*Bridge 3*

*An abstract seed of invention  
Becomes real-life conscious attention*



*Chorus 3*

*It's just reality revisited  
Thoughts that seem to come from nowhere  
It's just reality revisited  
Deep dark consciousness – just thinking...*

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*Fight or Flight*



V.1

*A bag of bones  
A bag of funny bones  
Bundle of laughs  
It's no laughing matter*

*Hit a nerve  
It's a bloody nerve  
Just bite your lip  
Don't give me clever words*

*Hear the key  
As it locks the door  
There's a moment  
You've been waiting for*

*Hear the clock  
Hear the tick-tock  
Pump adrenalin  
Feel it kicking in*

Bridge 1

*Reflexes that snap like wires  
Synapses like wildfire*

Chorus 1

*Fight or flight or just sit tight  
A surge of volts inside your mind  
Trigger fear or trigger anger  
A web of neurons to unwind*

V.2

*Keep the change  
It's a time for change  
Better than a rest  
Resting changes nothing*

*Use your brain  
It's a no-brainer  
Numb the senses  
To avoid the pain*

*Middles 8<sup>th</sup> & solo*

*Chorus 2*

*Fight or flight and just take fright  
A surge of volts inside your mind  
Trigger fear or trigger anger  
A web of neurons to unwind*

*V.3*

*Pavlov's dog  
It's a clever dog  
Does you tricks  
It's a bit tricky*

*Rings a bell  
Ring the dinner bell  
Sets the heart racing  
Hope that all's well*

*See the light  
As it turns to red  
Feel the throbbing  
Deep inside your head*

*Feel the bang  
It's a big bang  
Make the right choice  
Or you'll end up dead*

*Bridge 2*

*Reflexes that snap like wires  
Synapses like wildfire*

Chorus 3

*Fight or flight or just sit tight  
A surge of volts inside your mind  
Trigger fear or trigger anger  
A web of neurons to unwind*

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What Do You Mean?



**Verse 1**

*Another day of endless might-have-beens and pointless tired reflections  
Another day steals further from youthful dreams and long-held  
aspirations  
Please spare me from a long and lonely lifetime of introspection*

*And when I've finished here Lord, please take me up to a higher  
destination*

### **Chorus 1**

*I wasn't made for this world, can't you see  
Things you take for granted, don't do anything for me  
Love and tenderness , what exactly do you mean?  
Please unlock me from this world of naivete and make-believe*

### **Verse 2**

*While haughty critics sit in ivory towers saying we won't understand or  
know  
All I see is a proud emperor lying bare, not wearing any clothes  
While all his toadies gather round and praise him for his handsome  
gowns  
Lord please take me away from all these fools who only try to do us  
down*

### **Chorus 2**

*I wasn't made for this world, can't you see  
Things you take for granted, don't do anything for me  
Sexual emotion, what exactly do you mean?  
Please unlock me from this world of naivete and make-believe*

### **Verse 3**

*Waking up each morning from a kaleidoscope of dreams  
Weird scenes of corridors and unfamiliar landscapes, things not what  
they seem  
Please spare me from the night-time taking all my memories  
Re-energise my spirit Lord, give me hope to get myself back up again*

### **Repeat Chorus 1**

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# Bleaksville



## Verse 1

Here is the land where the damage is done  
Where heavy industry blocks out the sun  
And where the smogs last all day long  
And gases swirl like a hydrogen bomb

A grimy city where the grass is grey  
And where the chimneys climb up to the sky  
It's survival at the end of the day  
This is Bleaksville USA-UK

### **Chorus.1**

**No sunny uplands after all  
No taking back control here  
Another brick in the same old wall**

### **Verse 2**

**Here is the place where the shops are closed  
And shop doorways are a vagrant's home  
Where we're heading to nobody knows  
At least we'll get there on our own (they say)**

**Drinking champagne from a plastic cup  
High fives cos we're on our way up  
But remember at the end of the day  
This is Bleaksville post-UK**

### **Chorus.2**

**No sunny uplands after all  
No taking back control here  
Another brick in the same old wall**

**Guitar & synth solos**

### **Chorus.3**

**No golden futures after all  
No taking back control here  
Another brick in the same old wall**

### Verse 3

In laboratories the funds have dried  
Except research into messing up our lives  
Silicone valley's now a dried-up ditch  
A false monument to get-rich-quick

### Chorus.4

No sunny uplands after all  
No taking back control here  
Another brick in the same old wall

Repeat (instrumental) to fade

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## *Struggle for Survival*





V.1 Like a new dance  
To an old song  
A blaze of angry words  
Good people sing along

Got momentum  
Like a raging bull  
And new technology  
For bankrupt hospitals

Ch.1 Is it equality ?  
Is it a quality of life ?  
Where's the winner ?  
In this struggle for survival

V.2 From the cradle to the grave  
Via the factory  
Give the cameras a wave  
End up in isolation

You've read the book of rules  
But don't remember what they say  
So sails this ship of fools  
To build a nation

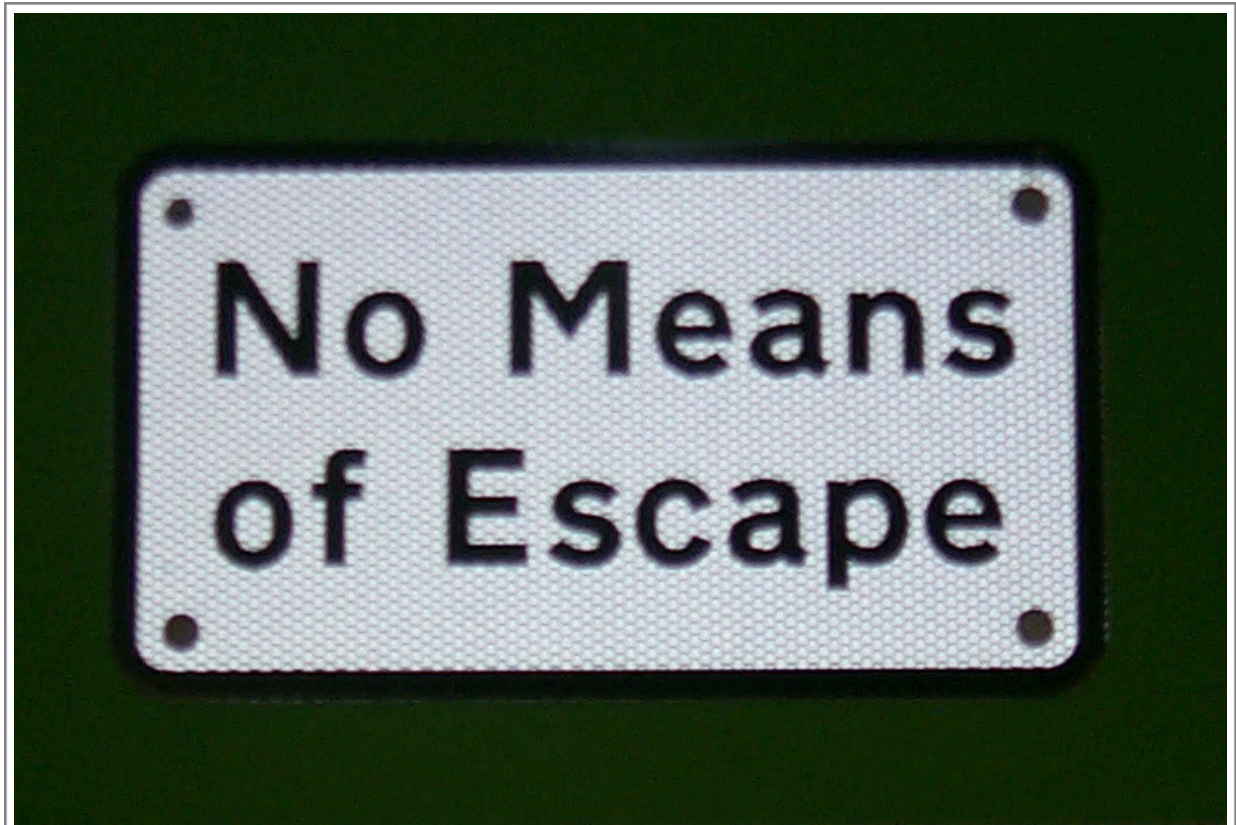
Ch.2 Is it equality ?  
Is it a quality of life ?  
Where's the winner ?  
In this struggle for survival

There's a hostile  
Kind of reaction  
Life in Utopia  
Is waiting to distract you

Coda How did you get this far ?  
Through years of consternation  
The bottle's empty  
Of all imagination

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## *Rags from Riches (Casting Pearls)*



V1) You're the Alchemist, carving wood into gold  
Your chapped fingers, making diamonds from coal

Ch 1) But the world is never kind to you (will never treat you  
right)

Yet you'll keep on grafting day and night (all night through)

V2) Sell your livelihood for a cent or a dime  
With Fat Controllers taking charge of your life

Ch 2) The Third World breaks your back and binds you  
And wealthy corporations bleed you too  
Your goods are cheap but your gifts are priceless  
Casting pearls to ungrateful swine

V3) There's no escaping, the poverty that surrounds you  
No rags to riches story, (a rags from riches story) no future  
dreams to wake up to

*Middle 8th (instrumental)*

Ch 3) I feel so sorry for you my friend  
Trying to break out of this (treadmill)  
I hope your dedication never ends  
And that you will find peace of mind

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*Danbury - Fortress (Instrumental)*



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*When the Demons Blow*



**Verse 1**

Isobars  
Strangle the globe  
A vortex on a course set to implode  
To wreak its wrath  
On a hapless world  
To tell a story like you've never heard

**Bridge 1**

Cables snap

And engines fail

**Chorus 1**

When the demons blow  
Please just Save Our Souls

**Verse 2**

A handsome face  
On the news today  
Says another cyclone's on its way  
Let's give it a name  
Just like a friend we know  
Let it huff and puff, and blow the houses down

**Bridge 2**

Pylons fall  
And engines stall

**Chorus 2**

When the demons blow  
Please just Save Our Souls

**Instrumental break**

**Verse 3**

The eye of the storm  
All is still  
Like a pregnant pause in a movie film  
But the charts don't lie  
So here we go again  
Pray for the lives in the path of the hurricane

**Bridge 3**

Cables snap  
And engines fail

**Chorus 3**

When the demons blow  
Please just Save Our Souls

**Repeat riff to fade**

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***Beach Distress Dysfunction***



V1) A badly-drawn detail  
A moment in a hall of distorted mirrors  
Reflections if your paranoia - look away!  
You're not feeling like everybody else today

A blank diary's displayed  
Ask no questions, there'll be no lies except  
The ones you want me to say  
But don't destroy the illusion

Ch 1) Wastelands of panic and grief  
(The Beach Distress Dysfunction)  
Call out an SOS - I think I'm drowning  
(You're better off drowning)

V2) Baby darling's dismay (Baby darling's dismay)  
A blind date disaster - you can see it coming  
Taking part in a game (Taking part in a game)  
Won't change an obsession that can't speak its name

Ch 2) Wastelands of panic and grief  
(The Beach Distress Dysfunction)  
Call out an SOS - I think I'm drowning  
(You're better off drowning)

A bitch of a day dawns again  
(The Beach Distress Dysfunction)  
Another day with sand in your face

Instrumental / ambient break

Guitar solo

V3) A bigot's dumb disdain  
A tattoo and a bandana - that won't do

Take cover as they beat the drum  
But don't destroy their illusion

A breakdown in the dark  
An incident in a room of people  
Life's left its mark on you

Ch 3) Wastelands of panic and grief  
(The Beach Distress Dysfunction)  
Call out an SOS - I think I'm drowning  
(You're better off drowning)

A bitch of a day dawns again  
(The Beach Distress Dysfunction)  
Another day with sand in your face

Instrumental guitar solo to fade