

# Nightminds

## Missy Higgins

Just lay it all down, put your face into my neck  
And let it fall out, I know, I know, I know  
I knew before you got home This world you're in now, it doesn't have to be alone  
I'll get there somehow 'cos I know, I know, I know  
When even springtime feels cold But I will learn to breathe this ugliness you see  
So we can both be there  
And we can both share the dark And in our honesty  
Together we will rise out of our nightminds  
And into the light at the end of the fight You were blessed by a different kind of inner view  
It's all magnified, the highs will make you fly  
But the lows make you want to die And I was once there, hanging from  
That very ledge where you are standing  
So I know, I know, I know, it's easier to let go But I will learn to breathe this ugliness you see  
So we can both be there  
And we can both share the dark And in our honesty  
Together we will rise out of our nightminds  
And into the light at the end of the fight And in our honesty  
Together we will rise out of our nightminds  
And into the light at the end of the fight

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