Still

Katie Armiger

I am lyin', I am tryin'
I want so much to believe
I am flyin', and that high and fast is where
I'm supposed to beBut if I'm honest
If I'm forced to tell it straight
I'm afraid of heights and edges
And I need to find a placeWhere I can take the time
To go deep into the moment
I got nothin' left to proveMake my mind slow down
In the middle of all that motion
Let myself be moved and be stillI am learnin', I am thinkin'
I am ready to be touched
I am breathin', I am feelin'
Learnin' how to trust myselfAnd then after spinnin' in the wind
I am rooted to the earth
And I'm reachin' up againSo I can take the time
To go deep into the moment
I got nothin' left to proveMake my mind slow down
In the middle of all that motion
Let myself be moved and be stillI am listenin', I am listenin'
Something tells me what I'll findIf I can take the time
To go deep into the moment
I got nothin' left to proveMake my mind slow down
In the middle of all that motion
Let myself be movedSo I can take the time
To go deep into the moment
I got nothin' left to proveMake my mind slow down
In the middle of all that motion
Let myself be moved and be still
And be still, and be still

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