Catch & Release

Matt Simons

There's a place I go to
Where no one knows me
It's not lonely
It's a necessary thing
It's a place I made up
Find out what I'm made of
The nights I stayed up
Counting stars and fighting sleepLet it wash over me
Ready to lose my feet
Take me off to the place where one reveals life's mystery
Steady on down the line
Lose every sense of time
Take it all in and wake up that small part of me
Day to day I'm blind to see
And find how far
To go[HOOK]
Everybody got their reason
Everybody got their way
We're just catching and releasing
What builds up throughout the dayIt gets into your body
And it flows right through your blood
We can tell eachother secrets
And remember how to loveThere's a place I'm going
No one knows me
If I breathe real slowly
Let it out and let it in
They can be terrifying
To be slowly dying
Also clarifying
The end where we beginSo let it wash over me
I'm ready to lose my feet
Take me off to the place where one reveals life's mystery
Steady on down the line
Lose every sense of time
Take it all in and wake up that small part of me
Day to day I'm blind to see
And find how far
To go[HOOK]It gets into your body
And it flows right through your blood

We can tell eachother secrets
And remember how to love[HOOK]And it gets into your body
And it flows right through your blood
We can tell eachother secrets
And remember how to love

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