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 be
But 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 place
Where I can take the time
To go deep into the moment
I got nothin' left to prove
Make my mind slow down
In the middle of all that motion
Let myself be moved and be still
I am learnin', I am thinkin'
I am ready to be touched
I am breathin', I am feelin'
Learnin' how to trust myself
And then after spinnin' in the wind
I am rooted to the earth
And I'm reachin' up again
So I can take the time

To go deep into the moment
I got nothin' left to prove
Make my mind slow down
In the middle of all that motion
Let myself be moved and be still
I am listenin', I am listenin'
Something tells me what I'll find
If I can take the time
To go deep into the moment
I got nothin' left to prove
Make my mind slow down
In the middle of all that motion
Let myself be moved
So I can take the time
To go deep into the moment
I got nothin' left to prove

Make 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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