

Matt Simons, Catch & Release

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've stayed up
Counting stars and fighting sleep

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

Everybody got their reason
Everybody got their way
We're just catching and releasing
What builds up throughout the day
It gets into your body
And it flows right through your blood
We can tell each other secrets
And remember how to love

There's a place I'm going
No one knows me
If I breathe real slowly
I let it out and let it in

It can be terrifying
To be slowly dying
Also, [?]
We end where we begin

So 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

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