Cowboy Junkies, Spiral Down

Now it all begins Or continues to Spiral down Spiral down

I've laid it out on paper Instructions of what to do As my mind begins to waver Losing contact with you

Now it all begins Or continues to Spiral down Spiral down

Look upon the self Look upon the other We need a better understanding Or we'll spiral down

Spiral down Continue to spiral down I'm no where near my peace As you spiral down