

## Flow Heat

### 3rd Strike

Resist one more time walked the line  
burning through the pages of my life  
cuz i cant help myself decide  
if i wasnt to live or die  
try to understand why i'm killing myself with my own hand  
no solution  
mass confusion  
that situation that i'm facing  
can't stop chasing memories  
i can't ignore these casualties  
fallacies come with ease off the tongue of the enemy  
that voice keeps telling me  
gotta find myself

cant keep living off and on  
turn my head and all is gone  
can't let it get the best of me no  
time keeps ticking on and on  
turn my head and all is gone

night falls no sleep  
start to flow heat  
straight to my veins  
eliminate the pain  
the warm feeling healing my soul  
dealing control  
sanctuary necessary to let go  
and before i die heal myself inside  
and before i die kill myself inside  
gotta find myself

[chorus]

cant let go  
no way stay clear never back trak  
keep you head on straight  
know where your hearts at  
stay real to yourself  
never give up you get up find yourself inside  
youself  
time marches on and on  
and still the same old song  
boredom perpetuates stagnation which creates  
confusion in you head  
depression that you dread  
so check that mental health  
you got to gree yourself now  
gotta find myself

[chorus]

cant let it get the best of me no  
cant let it get the best of me no  
cant let it get the best of me no  
cant let it get the best of me no