

# 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