## **Catch & Release**

**Matt Simons** 

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 are stayed up Counting stars and fighting sleep

Let it wash over me Ready to loose my feet Take me on to the place where one reviews life's mistery 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 eachother secrets and remember how to love

There's a place I'm going no one knows me If I breathe real slowly let it out and let it in They can be terrifying to be slowly dying Also clarifying We end where we begin

So let it wash over me I'm ready to loose my feet Take me on to the place where one reviews life's mistery 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 eachother secrets and remember how to love Everybody got their reason Everybody got their way We're just catching and releasing what builds up throughout the day

And it gets into your body And it flows right through your blood We can tell eachother secrets and remember how to love