

## 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 each other secrets  
and remember how to love