

## Slow Down

### The Methadones

I've got too much going on and I don't know what to do.  
The pace is getting frantic, everything is falling through.  
I'm way over my head and the load is way too much to bear.  
I brought it all upon myself.  
I still keep going on moving as fast as I can.  
Can't stop to pick up the pieces try to fill every demand.  
Moving twenty directions simultaneously.  
I lost my ehad along the way.

Slow down.