

# Moving for the Sake of Motion

Underoath

Someone please turn the lights back on  
I've been wandering here for days, disconnected, and in search for new  
air to breathe in

Some think I can fix this  
Some think I could change

But that's the problem  
We never speak to Him  
Though our closing walls have cages in them  
And I can't quite remember

This was the first time I didn't say enough  
This was the only time I kept it close enough

Brace yourself! Co'mon and Brace yourself!

They're not waking  
They're not waking up  
They're not waking  
They're not waking

Oh, my God

Oh, my God  
I hate the me that I've become, this needy useless forgetting one  
Truthfully I can't be the me, the me that I've washed up to be

Don't stop breathing  
the walls have just begun to spin  
Just let the water calm you this time  
It's all around you, just open your eyes and take a look  
It will never kill you; not this time

Don't stop breathing  
Just let the water calm you

Don't stop breathing  
Not this time

It's all around you  
It's all around you  
We're surrounded for all I care

Brace yourself right now  
lights out I'm not breathing  
I can't keep swimming, can't keep my head up