

# Matt Simons, Catch & Release

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 I've stayed up  
Counting stars and fighting sleep

Let it wash over me  
I'm ready to lose my feet  
Take me off to the place where one reveals life's mystery  
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 each other secrets  
And remember how to love

There's a place I'm going  
No one knows me  
If I breathe real slowly  
I let it out and let it in

It can be terrifying  
To be slowly dying  
Also, [?]  
We end where we begin

So let it wash over me  
I'm ready to lose my feet  
Take me off to the place where one reveals life's mystery  
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  
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