

Flow Heat

3rd Strike

Resist one more time walked the line
burning through the pages of my life
cuz i cant help myself decide
if i wasnt to live or die
try to understand why i'm killing myself with my own hand
no solution
mass confusion
that situation that i'm facing
can't stop chasing memories
i can't ignore these casualties
fallacies come with ease off the tongue of the enemy
that voice keeps telling me
gotta find myself

cant keep living off and on
turn my head and all is gone
can't let it get the best of me no
time keeps ticking on and on
turn my head and all is gone

night falls no sleep
start to flow heat
straight to my veins
eliminate the pain
the warm feeling healing my soul
dealing control
sanctuary necessary to let go
and before i die heal myself inside
and before i die kill myself inside
gotta find myself

[chorus]

cant let go
no way stay clear never back trak
keep you head on straight
know where your hearts at
stay real to yourself
never give up you get up find yourself inside
youself
time marches on and on
and still the same old song
boredom perpetuates stagnation which creates
confusion in you head
depression that you dread
so check that mental health
you got to gree yourself now
gotta find myself

[chorus]

cant let it get the best of me no
cant let it get the best of me no
cant let it get the best of me no
cant let it get the best of me no