

## Spinning (hidden Track)

Cool For August

These will cure my aching head,  
Help me see again  
These will take away the guilt  
Ease my soul again  
Leave it in my fears  
And I see there's nowhere to run  
Feelin these changes, and the need to go alone  
And I see there's blood in the sun  
Pouring through my window  
And the evening light is gone  
And I made a pact to myself  
That I'm spinning in my pain or my guilt  
And I feel the way, I commend  
That I'm spinning in my pain all again  
Feel this when I lay my head  
On a nail filled bed  
These will change the way it is  
Break me free again  
Listen to my prayers  
And I feel that it's all in the past  
Memory of children, and the innocents I aint  
And I feel that it's oceans away  
I'm favoring conscience,  
The decree of my strength  
I need a pass to myself  
That I'm spinning in my pain or my guilt  
I feel the weight I create  
When I'm spinning in my pain or my guilt  
All again...  
I made amends to myself  
That I'm spinning in my pain or my guilt  
I feel the weight I create  
When I'm spinning in my pain or my guilt  
All again