

Bluebird in my window
I wonder if she knows why I'm doing this again
Which way the wind blows
Oh, I got pretty far
Now we're back in the dark
Mm
It could be the season that came out of reason
And it's breaking my heart
Got too close to my demons
Can't do it myself
Think I need something else

So can I get a lift?
Gotta get somewhere other than this
Breathe a little fresh air
And after some reflection, I can't get there on my own
I need a lift
Mm

I keep meditating (Keep meditating)
UV on my skin (UV on my skin)
Go through all of the motions
But they're not getting in
Wrote my own prescription
But it just doesn't hit (It just doesn't hit, just doesn't hit)

So can I get a lift?
Gotta get somewhere other than this
Breathe a little fresh air
And after some reflection, I can't get there on my own
I need a lift
Mm
Something's gotta give
It's always bad weather
It's no way to live
I wanna get better
And after some reflection, I can't get there on my own
I need a lift
Mm

Bluebird in my window
I wonder if she knows that I'm doing so well
That I got myself help
So if you're feeling low
Don't be hard on yourself