

# Sadness

**Matt Nathanson**

I don't know what I'm doing  
I've been standing still  
Spend my life burning bridges  
Digging holes to fill

You gotta get low, you gotta get low to get high  
You gotta get low, you gotta get low to get high

I can feel you with me in the darkness  
Reaching out a hand to pull me through  
Sadness used to think that it owned me  
Now sadness gotta share me with you

You gotta get low, you gotta get low to get high

I don't know how you do it  
You're the calm at sea  
You find flowers in the ruins  
And the good in me

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You gotta get low, you gotta get low to get high

I can feel you with me in the darkness  
Reaching out a hand to pull me through  
Sadness used to think that it owned me  
Now sadness gotta share me with you

You gotta get low, you gotta get low to get high  
You gotta get low, you gotta get low to get high

You gotta get lost to let go  
You gotta get lost to let go  
You gotta get lost to get free for a minute  
See clear for a minute

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