

# Catch And Release

**Matt Simons**

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

Da da dum da dum dum dum

Da dum dum dum

Da dum dum

Da da dum da dum dum dum

Da dum dum dum

Da dum dum

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, clarifying

We end where we begin

So let it wash over me

I'm ready to lose my feet

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