

# Nightminds

Missy Higgins

Just lay it all down. Put your face into my neck and let it fall out.

I know

I know

I know.

I knew before you got home.

This world you're in now,

It doesn't have to be alone,

I'll get there somehow, 'cos

I know I know I know

When, even springtime feels cold.

But I will learn to breathe this ugliness you see,

So we can both be there and we can both share the dark.

And in our honesty, together we will rise,

Out of our nightminds, and into the light

At the end of the fight...

You were blessed by a different kind of inner view: it's all magnified.

The highs would make you fly, and the lows make you want to die

.

And I was once there, hanging from that very ledge where you are standing.

So I know

I know

I know,

It's easier to let go.

But I will learn to breathe this ugliness you see,

So we can both be there and we can both share the dark.

And in our honesty, together we will rise out of our nightminds

And into the light at the end of the fight.

...and in our honesty, together we will rise out of our nightminds

And into the light... at the end of the fight...