I'm going back to the start
Through the darkness of my body parts
Oh Lord, there is horror in my bones
I'm gonna swim in the sin
And down the river of lost innocence
Oh Lord, spit me out into the ocean's arms

'Cause I'm going back to my heart

I'm gonna float down the throat
With every word I have misspoke
There are some folks I have tortured with my voice
I'm gonna chase down the brain
With every thought I wish I didn't think
And tell 'em, "You're not wrong, you're just in pain"

'Cause I'm going back to my heart today

Oh-oh-oh, oh, my heart
Oh-oh-oh, oh, my heart
Oh-oh-oh, oh, my beautiful and wretched heart

I'm going back to the start
Through the darkness of my body parts
Oh Lord, there is horror in my bones
I'm gonna swim in the sin
And down the river of lost innocence
Oh Lord, spit me out into the ocean's arms

'Cause I'm going back to my heart