

## The Value of Sitting With Myself

Shelter

Not a hermit, not depressed,  
don't mind bein' here comfortless,  
sometimes I know it's best,  
just sit here with my mind  
Life is now and zooming by,  
the moment is the highest high,  
no waitin', hatin', live it, give a try  
In the van on tour again seems like a moving picture show,  
we must let go, excited senses overwhelmed I float on air with  
nothing below,  
we must let go so take the car tonight, I'll be beyond alright,  
missed the party and the hype, it's more than alright, just sit  
tin' with myself  
(Yeah yeah oh) (2x)  
The value, I sit here with myself

To be alone but not lonely, to be the one that comforts me,  
my attachments spell catastrophe I've seen and I have spoken,  
I have heard, now it's time to live that word,  
it's so plain to see what is absurd, just see

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(Yeah yeah oh) (2x)

Without me in the clouds  
Will you know when I'm broke?  
I'm comin' down  
If I can let go

There's a value, I sit here with myself

Why not, there's time sittin' with myself,  
I must let go, why not, there's time sittin' with myself