

# This I Know

The Band of Heathens

Rolling down hill just as fast as you can  
You try to get away from the people and places you know  
You know

You broken down flat but you're wild and free  
You flow like a river rolling into the sea and you grow  
You grow

Well, I'm not hypnotized or even surprised by the way things always been  
And a long, long time of me being fine, to put it back together again

Oh, this I know  
Yeah, this I know  
Yeah, this I know

You running in circles chasing your tail  
You burning down churches waiting for the rain to come  
To come

Looking for room but the walls closing in  
Opening doors just to get out again and it shows  
It shows

Yeah, choking and a-  
smoking on all of the air that you've been trying to breath  
Putting out flames with the storm of your name, gonna get it back together again

Oh, this I know  
Yeah, this I know  
Well, this I know

Trying to get yourself up from the bottom  
Of the hole that you dug in, of the hole that you dug in

Oh-oh-oh yeah, this I know  
Yeah, this I know  
And this I know  
Well, this I know  
This I know  
And this I know  
Yeah, this I know