For there's no direction but up For there's no direction but up

For there's no direction
'Cause I've thrown away the key
I can't forgive my past transgressions
And they'll never let me leave
It took clarity to notice
It took time for me to yield
It took pride to step aside
Let common sense take the wheel

For there's no direction but up For there's no direction but up

I view visions now, hear anecdotes
That were never really there
Put my faith in human nature
And became a bloody square
For they'll soon be on my body
And the heel of my soul
From the boot that crossed a thousand miles
And never came back home

For there's no direction but up For there's no direction but up

I started painting pictures
Pick up pieces from their plight
It's all just your perceptions
Face retribution with a smile
And the sea started to wonder
And the earth, we broke its mould
Well the trees let out a gasp
And the wind, it blew so cold

For there's no direction but up For there's no direction but up

And I taught them to be confident
And I told them to be wild
I taught them to be gentle
All whilst always being kind
And I taught them to be fierce
Oh Lord knows I paid the price
I put fear before the fame
And the pain I set aside