

Call up Caitlyn to kill the calm  
She comes quick, i'm covered in cologne  
Cue up Cat Stevens and Karen O  
Climb on the couch, concede control

I need a catalyst  
The counter culture craze  
A little cannabis  
A nice cotton haze  
I've been counting sheep  
It's the common way  
You can count me in (out)  
Call the cavalcade

I'm callous, complacent, caught in a rut  
Time to change things and mix it up  
Simple solutions seldom save  
A psychosomatic cynic slave

Come saturday  
I'm sullen and sane  
Sensitivity  
It's a slow decay  
I'll be a skeleton  
Solamente  
It's hard to celebrate  
Sobriety  
But i'll try

In a camouflage colored coat  
I'll reemerge, yes i will float

I'm trembling like a symphony  
This quiet breeze begins to scream  
I see ahead a chance to breathe  
I'll start again it's what i need  
I'll start again new and clean  
I'll start again honestly

Time to change things and mix it up