

There's a place I go to, where no one knows me
It's not lonely, it's a necessary thing
It's a place I made up,
find out what I'm made of
The nights I've stayed up,
counting stars and fighting sleep

Matt Simons

[Pre-Chorus] (F Gm Am Bb x2) - Bb-X X
Let it wash over me, ready to lose my feet
Take me off to the place
where one reveals life's mystery
Steady on down the line,
lose every sense of time
Take it all in and wake up that small part of me
Day to day, I'm blind to see
and find how far to go

Catch &
Release

Everybody got their (reason/way) (x2)
We're just catching and releasing x2)
what builds up throughout the day (F Dm
It gets into your body Am Am
and it flows right through your blood x2)
We can tell each other secrets
and remember how to love
(Dadadam (dalamdam x2) - Tatudalamdam x2)

[Chorus]
(F Dm
Am Bb

There's a place I go to - ... [Intro]
Find out what I'm made of - ... F Dm Am Am
There's a place I'm going,
no one knows me So [Pre-Chorus]
If I breathe real slowly, [Chorus]
let it out and let it in [Outro]
It can be terrifying to be slowly dying F Gm
Also clarifying, the end where we begin Am Bb