

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] (C Dm Em F x2) - F-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 (C Am  
It gets into your body Em Em  
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]  
(C Am  
Em F

There's a place I go to - ... [Intro]  
Find out what I'm made of - ... C Am Em Em  
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 C Dm  
Also clarifying, the end where we begin Em F