

Catch And Release
Matt Simons

Intro 2x: **C Am Em**

C
There s a place I go to

Am
where no one knows me

Em
It s not lonely

C
It s a necessary thing

It s a place I made up
Am
Find out what I m made of

Em
The nights are stayed up

C
Counting stars and fighting sleep

C **Dm**
Let it wash over me

Em
Ready to lose my feet

F **C**
Take me on to the place where one reviews life s mistery

Dm
Steady on down the line

Em
Lose every sense of time

F
Take it all in and wake up that small part of me

Day to day I m blind to see

And find how far
C

to go

Chorus:

C **Am**
Everybody got their reason

Em
Everybody got their way

F
We re just catching and releasing

C
what builds up throughout the day

Am

It gets into your body

Em

And it flows right through your blood

F

We can tell each other secrets

C

and remember how to love

C

Dadumdadadadamdam

Am

Daa Daa dam dam

Em

daa daa dam dam

C

Dadumdadadadamdam

Am

Daa Daa dam dam

Em

daa daa dam dam

C

There s a place I m going

Am

no one knows me

Em

If I breathe real slowly

let it out and let it in

C

They can be terrifying

Am

to be slowly dying

Em

Also clarifying

C

the end where we begin

C

Dm

Let it wash over me

Em

Ready to lose my feet

F

C

Take me on to the place where one reviews life s mystery

Dm

Steady on down the line

Em

Lose every sense of time

F

Take it all in and wake up that small part of me

Day to day I m blind to see

And find how far

C

to go

Chorus:

C

Am

Everybody got their reason

Em

Everybody got their way

F

We re just catching and releasing

C

what builds up throughout the day

Am

It gets into your body

Em

And it flows right through your blood

F

We can tell eachother secrets

C

and remember how to love

C

Dadumdadadadamdam

Am

Daa Daa dam dam

Em

daa daa dam dam

C

Dadumdadadadamdam

Am

Daa Daa dam dam

Em

daa daa dam dam

C

Am

Everybody got their reason

Em

Everybody got their way

F

We re just catching and releasing

C

what builds up throughout the day

Am

It gets into your body

Em

And it flows right through your blood

F

We can tell eachother secrets

C

and remember how to love