

## Ebb & Flow

### Feed Me

It's so hard when you're feeling down  
Just look up, pick yourself off the ground  
You don't need to think of anything now  
They keep sayin' we're gonna get through somehow

Don't let yourself go to that place you can't find  
When you need to know you're not left behind  
Find a place where you can hide yourself  
Run away is all you know to do

Find a place where you can hide yourself  
Run away is all you know to do

Deep we breath as our hearts beat slow  
One look back and let the bad times go  
We all need to set our minds at ease  
Too much too soon, we're left on our knees