There's no way that I could ever follow
Such a stale model of a man
Go ahead and bottle me up
Falling in and out of pity
Cause really nobody asked you
To question intensions and such
Rolling a tidal wave of expression
And testing the forces of nature
Against a heart so complacent as yours
I think about this deeper and harder then you will ever think
So don't you ever think this is yours

Stop pulling me down you're only turning me up
Turning me up
You can't bottle me up
No, no you can't bottle me up
Cause when you come from the bottom you can only go up

I swear to you all I'm better then the rest
With my left hand in the air and my right hand on my chest
God has seen what I can do in the past
I've been handing people their asses and teaching classes
Living a tidal wave of emotion
And swimming in oceans of sorrow
Until tomorrow is hopeless and poor
I live with this much deeper
And harder then you will ever live
So don't you even think this is yours

Stop pulling me down you're only turning me up
Turning me up
You can't bottle me up
No, no you can't bottle me up
Cause when you come from the bottom you can only go up