

## Helio Sequence

### "Downward Spiral"

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It's so hard to watch you see  
waning now for the n-teenth time  
like a slow motion train wreck  
happening now in double-time  
Raising up and then we see  
it's never so bad no it's never no  
and then we see it's never so bad

Hard these downward spirals  
Oh such a never ending downward spiral

I hope you can get some rest  
there's nothing that could lead me there  
I swear that I mean the best

Hard these down downward spirals  
Oh such a never ending downward spiral

And you always second guess  
Oh you always second guess

It's so hard to watch you see  
like a train wreck in slow motion  
It's so hard to watch you fall  
like a crime without a notion

Oh and believe me now  
You always second guess  
Oh and believe me now  
You always second guess  
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