## **Cool For August** "Spinning"

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These will cure my aching head,

Help me see again

These will take away the guilt

Ease my soul again

Leave it in my fears

And I see theres nowhere to run

Feelin these changes, and the need to go alone

And I see theres blood in the sun

Pouring through my window

And the evening light is gone

And I made a pact to myself

That I'm spinning in my pain or my guilt

And I feel the way, I commend

That I'm spinning in my pain all again

Feel this when I lay my head

On a nail filled bed

These will change the way it is

Break me free again

Listen to my prayers

And I feel that its all in the past

Memory of children, and the innocents I aint

And I feel that its oceans away

I'm favoring conscience,

The decree of my strength

I need a pass to myself

That I'm spinning in my pain or my guilt

I feel the weight I create

When I'm spinning in my pain or my guilt

All again...

I made amends to myself

That I'm spinning in my pain or my guilt

I feel the weight I create

When I'm spinning in my pain or my guilt

All again

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