

## Release The Sunbird

### "Forget And Not Slow Down"

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How many times  
Can I push it aside  
Is it time I befriended all the ghosts of all the things  
that haunt me most  
So they leave me alone  
Move on with my life  
Be certain the steps of left and right don't fight the  
direction of upright

I'd rather forget and not slow down  
Than gather regret for the things I can't change now  
If I become what I can't accept  
Resurrect the saint from within the wretch  
Pour over me and wash my hands of it

It's time to decide  
Which is out of my mind  
Cause it'll be me unless I put some thoughts to rest and  
leave some  
Faults behind  
I'll watch the glint in my eye  
Shine off the spring in my step  
And could be blinding depending on the amount of you  
that I reflect

Cause I could spend my life just trying to sift through  
What I could've done better but what good do what ifs  
do  
Oh oh  
Oh oh  
There's something I should tell you now

I'd rather forget and not slow down  
Than gather regret for the things I can't change now  
If I become what I can't accept  
Resurrect the saint from within the wretch  
Pour over me and wash my hands  
Pour over me and wash my hands

Cause I could spend my life just trying to sift through  
What I could've done better but what good do what ifs

do  
Oh oh  
Oh oh  
There's something I should tell you  
Oh oh  
Oh Oh  
There's something I should tell you now

I'd rather forget and not slow down  
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