



Delta Spirit
One is One
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Delta Spirit is:
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Jonathan Jameson
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All songs written and performed by Delta Spirit
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Violins and Violas for "Thoughts on Seneca" and "Jane Pauley" recorded, arranged and performed by Kristin Weber (Nashville, TN)

Cello for "Thoughts on Seneca" performed by Austin Hoke

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Mixed by Matt Pence at The Echo Lab (Denton, TX)
Mastered by John Baldwin at Infrasonic Mastering (Nashville, TN)

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Package Design and Photography: Sam Owens

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LYRICS

Villains

All my heroes start as villains
Don't need the glory, flip the finger to establishment
I tried to work, without or within
But the clothes don't fit
On my skin
All my heroes start as villains

Had a dream so good that I didn't wanna wake up
It was you and I and nobody tried to interrupt
It was on that beach, in Nayarit
I had a dream so good that I didn't wanna wake up
Had a dream so good that I didn't wanna wake up

My life with a lover (Oh oh oh)
My life with a lover

My life with a lover (Oh oh oh)

All my heroes start as villains
Don't need the glory, flip the finger to establishment
I tried to work, without or within
But I need you, on my skin
All my heroes start as villains
All my heroes start as villains
All my heroes start as villains
All my heroes start as villains...

My life with a lover (oh oh oh)
My life with another
My life with a lover (oh oh oh)

Had a dream so good that I didn't want to wake up (My life with a lover)
It was you and I and nobody tried to interrupt (It was on that beach)
Had a dream so good that I didn't want to wake up
Had a dream so good that I didn't want to wake up

One is One

I flip the channel, need a new kind of patience
Focus my breathing on my guided meditation
I put my body in some submissive positions
I free my mind up from the burden of decisions

I've finally got my center placed
Behind the curtain I see my face
As one is one, and love is love
I am, I am, as one is one
And love is love, I am, I am,
As one is one, and love is love
I am, I am,
Amen, Amen!

I flip the channel, need a new kind of patience
Focus my breathing on my guided meditation
I put my body in submissive positions
I free my mind up from the burden of decisions

I've finally got my center placed
Behind the curtain I see my face

As one is one, and love is love
I am, I am, as one is one
And love is love, I am, I am,
As one is one, and love is love
I am, I am...
Amen, Amen!

Halleh... Hallelu... jah
Halleh... Hallelu... jah
Halleh... Hallelu... jah
Halleh... Hallelujah, Hallelujah jah jah

What's Done is Done

You've been hiding in your bedroom
With an aching in your soul
You've been trying to forget me
But you're losing all control

And I wonder how we got here
Or if I'll ever let it go
Then you call me in the middle of the night to say you fucked up
Tell me something I don't know
All this time thinkin' what's done is done
Wasted time thinkin' that you were the one yeah

So why can't I just be honest?
With myself, I'll never know
When all my friends are telling me I'm better off without you
So why can't I let you go?

Trying to unfold
How could you be so selfish?
How could you be so cold?
But I may never know
The answer to the questions
The truth you never told

All this time thinkin' what's done is done
Wasted time thinkin' that you were the one yeah
All this time thinkin' what's done is done
What's done is done, what's done is done, yeah

Lottery Ticket

The tiger prowls along the fence
I triple checked I locked the gate
Evolve beyond the bitter taste
A cup that cheers, myself to blame

I'd quantify your comment, but I'm not equipped to handle it
The mantra of my method is so simple, I just pause for effect
The light of love inside my ribs
Is tied to time I choose to live

It's not a lottery ticket
It's for sure, bet that we'll win
But you've gotta give it to keep it
It's not a lottery ticket

I could well recite Beatitudes
Meekness speaks so many truths
Like water fills the empty tomb
Eventually the rock will move

I'd quantify your comment, but I'm not equipped to handle it
The mantra of my method is so simple, I just pause for effect
The light of love inside my ribs
Is tied to time I choose to live

It's not a lottery ticket
It's for sure, bet that we'll win
But you've gotta give it to keep it
It's not a lottery ticket

It's not a lottery ticket
It's for sure, bet that we'll win
But you've gotta give it to keep it
It's not a lottery ticket

Pick It Up

I know it's hard when you're far away

It can get under your skin
Maybe play another game
The one I could let you win

You keep begging me, please just stop it
You're vibrating in my pocket
You want me to pick it up

We closed the bar in Madison
We were feeling so amused
One last night at the frequency
Tomorrow something new

You keep begging me, please just stop it
You're vibrating in my pocket
You want me to pick it up

You keep begging me, please just stop it
You're vibrating in my pocket
You want me to pick it up

Mystic chords of memory
Writing our own tale
Where I go, you're there with me
In Heaven or in Hell

You keep begging me, please just stop it
You're vibrating in my pocket
You want me to pick it up

You keep begging me, please just stop it
You're vibrating in my pocket
You want me to pick it up

The Beginning

Picking up the pieces of a love lost
Trying to find an answer in the dark
I don't want to lose you, but you're long gone

If I could I'd go back to the beginning
Somewhere long before our lives and love became so twisted
Take me back, take me back, if only in my mind

Oh the answers that I would find

I feel it getting harder to remember
My head above the water, I'm slipping under
I'm haunted by the ghost of what we once were

If I could I'd go back to the beginning
Somewhere long before our lives and love became so twisted
Take me back, take me back, if only in my mind
Oh the answers that I would find

Ghost of Caddo

Roll call my coyote pack
I was dreaming in the back
All our plans were fairy tales
Her crimson garment made a sail

The wind carried across a lake so deep
Alligator gar with their diamond teeth
You told me a secret that I could not keep
They must've known it from my demeanor

Holding my hand, I know that it's heavy
Everyone dies, I better get ready
Riding the wind, I blow through my friends
Everyone goes in the end

The new moon rose, only it starts to see
I could hear a voice moan, "Do you remember?"
From the mud the gar raised up the bones
Of an unatoned forgotten sinner
Residual sunspots in my eyes began to paint an image
It was the moment of my demise, but I could not see who did it

Holding my hand, I know that it's heavy
Everyone dies, I better get ready
Riding the wind, I blow through my friends
Everyone goes in the end

For every soul that fell asleep here, has become her shadow
Well she's had so many names, but I call her the Ghost of Caddo
The diamond teeth reflect the stars

Between the trees, they make their bars
I sing along as I read the line
Every good boy does fine

Holding my hand, I know that it's heavy
Everyone dies, I better get ready
Riding the wind, I blow through my friends
Everyone goes in the end

Holding my hand, I know that it's heavy
Everyone dies, I better get ready
Riding the wind, I blow through my friends
Everyone goes in the end

They held up a lamp for those who stumbled on their ego trip

Where your heart is, there you'll be
You were searching for your weakest link
You, it was always you
You, it was always you

Ran out of town, and ran out of truth
Had everyone around convinced that you were putting down some roots
Oh say can you see? But how can you say
That the moment of your tragedy was an illusion that you made up along the way

Where your heart is, there you'll be
You were searching for your weakest link
You, it was always you
You, it was always you

Where your heart is, there you'll be
You were searching for your weakest link
You, it was always you
You, it was always you
You, it was always you
You, it was always you

Thoughts on Seneca

A cup was found, full of sand
Oceans of apologies, well here's another failed attempt
The innocent asked, "Why the dissent?"

Jane Pauley

Park benches occupied
Playgrounds politicized
Internet evangelists
Outraged at everything
I thought I was on your team
Last picked but left field
Daydream about victory and participation trophies

Shadows on the setting sun
Long lists are crumpled up
Sunscreen and Diet Coke
River life, my oh
My phone has been dead for three days
I'm happier now that it's gone
My phone has been dead for three days
I'm happier now that it's gone

Trust falls on trampoline
Alpha, beta, Keratin
The shrine lit in the living room
We keep it on CBS

The trumpet will sound for you
Without a warning
Jane Pauley comforts you
On Sunday Morning

On & On (Look Away)

My mind is like a river, and I'm swimming upstream
Giving all I have to the current against me, on and on

Still I sit and wonder, how things used to be
I think about us now, and a life we'll never see, on and on
You gotta let it out, it goes on and on

Look away

Time will give us answers, and your wounds will come to heal
The scars are a reminder, the past is ever real, on and on

Were you just a dream? Or a delusion in my mind?
I wanna disappear forever and leave it all behind, on and on
You gotta let it out, it goes on and on

Look away

You gotta let it out
You gotta let it out
You gotta let it out

Look away
