

GO!  
Run away  
In distress  
Try to hide  
From what's creeping and crawling and stabbing within  
Try  
To deny  
The turmoil inside  
If you fight yourself hard enough you'll never win  
Any ounce of serenity  
Or a calm hope at best  
Can leave you heaving on the floor  
Gasping for breath  
Are you gasping for breath?  
To be left on the floor gasping for breath

You're either the person you are  
Or the person you're trying to be  
Don't let the outside sway  
Too far from where you  
Who you want to be

And at any cruel moments notice  
You can ruin the best  
As your body is brutally pressed  
Against the confines of your tense flesh  
And if you  
Close your eyes tight enough  
None of the bad can get in  
And if you close your eyes tight enough  
None of the light can get in  
The light can't get in

Boom  
You scream  
As the light hits you  
It radiates through out your whole soul  
Boom  
The pain  
Is clarity  
It cleanses, and if it still fucking hurts then you still fucking know  
That you are still alive  
That you are still in control  
If you would only take hold  
Boom  
The day with both hands  
A death grip  
And a good chance  
To outlive your past  
Are you living free?