Yesterday I forgot to breathe for like the 6th time this week. Maybe it was the pink cloud strafed sky that changed my mind an d brought me back

Seems like every day it's kill or be killed...

With all this anger there is no time to inhale and progress And catch the smell of something that you once knew.

Have you ever stopped raised your face up to the sun and scream ed

Let it out exhale the pain

That strangulates your soul, when will I be free

My lungs take in the fragrance of remorse, what is the cost, am I living,

If you let your lungs fill up with pain then you will drown in your own regret.

My arms feel so numb my heart palpitates missing a beat.

The blood freezing in my veins. the taste of rust in my mouth.

So today I just threw it all away

Though the light burns my eyes I will not be blind,

If you blink you could miss so much. please don't ever close yo ur eyes