## We Drag The Dead On Leashes

**Being As An Ocean** 

We've all done things that we're ashamed of We think they make us unworthy of love We carry regret in our demeanors Wear it all over our faces In our smallest actions; our greatest fears Daring all who would come near to break the tension To incidentally mention the demons you've been battling Regret and shame leaking through every expression Unable to forgive ourselves for things we could have stopped fr om happening

And it seems we've been thrown into an endless cycle Of pain and suffering But if we learn to let go We don't have to play out this tragedy Forgive the things you hate in yourself So that you might be grace to someone else

We've turned to others, searching for some kind of safety Only to get caught in someone else's insecurities Realizing our own humanity we accept shortcomings Simply natural side effects; fallible being Forgive the things that you hate in yourself So that you might be grace to someone else And in the end, find that it's you who has been freed

Forgive the things you hate in yourself So that you might be grace to someone else