

# Principles Of Pain

## Elegy

What it really, no-one really knows  
They poke inside your head  
An 'still they cannot diagnose  
Simple memories, can change the way we feel  
Without us knowing from, one minute to the next

I feel naked when they probe inside my brain  
If I had a choice I'd put, a moratorium on pain  
Unpredictable what kind of mood I'm in  
I thought I made it clear, from the start  
So don't begin

Through this emptiness  
There hides the sorrow and blame  
Lies are dangerous  
Finish what you've started

Where do we go from here  
If we bury the past soon the pain will show  
Tortured mind, body and soul  
These are the principles of pain  
We all fear!

With tragedy comes pain, we cannot cheat the truth  
Nor come to terms with it  
Staring back at you  
Darkest secrets all, hidden behind the fear  
Time to face the music now  
Don't be scared