

The Shield

Sick of It All

Lowered my shield, lowered - defenses
Happier now feeling - all senses
Heighten my soul and my - awareness
Isn't it great being - defenseless
A long time ago I was - protected
The choice was mine and I - selected
The joy and the pain were - connected
Lowered my shield, now I'm not protected

I never used to let it down
Never used to let it down
I never used to let it down
Never used to let it
There's something I've got to see
I never used to let it down
Never used to let it down
I never used to let it down
Never used to let it
I've got to see what's really inside of me

Now I understand that emotion
Now I understand why there's commotion
All this time without - a notion
All this time without - devotion
Why waste time being - suspicious
Come taste life it's - delicious
Expose yourself to the - malicious
Expose yourself, they're - so vicious

All these years
will this shield disappear
And will I stand
a stronger man
no shield in hand
I'll have to overcome the pain the best that I can