## **The Shield**

Marked down, the innocent victim, blindfold Lost your bearings in the dark The endeavour to sharpen the senses That won't get you out of here

No words break through the silence in your head As thoughts crash on the walls And you stumble again and imminently will fall Your pleading shall never be heard

But the shield was torn apart As you try not to hide again Your shield was torn apart ...defenceless and naked But the seed that was sown has grown Without any selection The seed they've sown has grown No chance now of correction

It hurts, your body is aching, Reflecting the pain you have felt all those years So invariable, every day With no light to lead you out

It's useless wasting thoughts on escaping To wash away all the tears of the nights when you cried In pure isolation

Solar Fake