

# The Ocean

Tonight Alive

I feel heavy, I feel weighted  
And I feel hungry, I feel wasted  
Oh, I can't put my finger on my feelings  
Put my ear to the ceiling, where is that coming from?  
Where are you coming from?

I'm just waiting for the walls of my insides to come  
clean  
I've been praying for the day that my spirit is finally  
free  
Some days it feels like the ocean lies inside of me  
Lies inside of me

And I feel paralysed, been cut down to size  
I hardly have the strength, to open up my eyes  
Coz I am swollen, and this has stolen my sanity  
Well it's hard to see beyond this when it's fighting  
against me  
Yeah!

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The waves crash in, the tide rolls out  
I stand before my weakness now  
You took my faith and cut me down  
The ocean it lies, it lies inside me now!

The ocean!  
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