

## A Screaming Breath

Anacrusis

Are we so brave?  
Are we so bold  
As to deny our hearts?  
Are we so numb?  
Are we so cold  
As to defy our conscience?

Awkwardly, we walk alone  
So distant and so uncaring  
Deliberately we disguise ourselves  
To protect our frail emotions

The ability to feel and be,  
Somewhere in me,  
Is longing to free...  
This screaming breath  
Breathe...

Selfishly, we retain and horde  
Everything and yet, nothing at all  
A poisoned soul can never soar  
When bound by doubt and by fear

Awkwardly, we walk alone  
So distant and so uncaring  
Deliberately we disguise ourselves  
To protect our frail emotions

The ability to feel and be,  
Somewhere in me,  
Is longing to free...  
This screaming breath  
Breathe...

Are we so brave?  
Are we so bold  
To hide from things we long to show  
Are we so numb?  
Are we so cold  
As to lose the self to self-control?

The ability to feel and be,  
Somewhere in me,  
Is longing to free...  
This screaming breath  
Breathe...