

Be still
Though chaos rains around you now
Only so much rain can fall at once
Breathe in
And let the air envelope you
And slow but sure, serenity will come

Close your eyes
Try to breathe
Feel the ground beneath your feet
It's still there
The world still turns around

Stand up
Though circumstance has knocked you down
There is nothing gained by staying within it's reach

Take strength
In every failure you endure
Our mistakes have many lessons they can teach

Close your eyes
Try to breathe
Feel the ground beneath your feet
It's still there
The world still turns around

Destroy
These walls you've built around yourself
You can't take another step until they're gone

Move out
No use in dwelling in the past
Bid farewell to all your fears and carry on

Close your eyes
Try to breathe
Feel the ground beneath your feet
It's still there
The world still turns around