Identity sometimes seems fleeting
An ever-changing tapestry
But at it's heart is the foundation
The very essence of our being

Shed your skin
Cast off your chains
Feel the sun upon your face for once
And wash away the pain
Shed your skin
Be who you are
Unencumbered by the weight
Of hiding every little scar

At times the self seems in transition

A mere projection on a screen

But what happens when you turn the lights on

And things are not as they once seemed?

Shed your skin
Cast off your chains
Feel the sun upon your face for once
And wash away the pain
Shed your skin
Be who you are
Unencumbered by the weight
Of hiding every little scar

Who we are is always changing A never-ending course of growth But deep inside there is a pillar Deep inside there is a soul

Shed your skin
Cast off your chains
Feel the sun upon your face for once
And wash away the pain
Shed your skin
Be who you are
Unencumbered by the weight
Of hiding every little scar