

## Brace Yourself

### Ceremony

Living from the chest  
Living through the day  
Under blankets closeted  
Behind the shop closing doors  
On the rooftops in panel floors  
The man remembers easier days  
Before death went searching for his pain  
Before day troubles before the stint  
Hands cracked and calloused from surroundings  
Son replaces father when father dies  
He eats dead things to stay alive  
His wife became widow it didn't take long  
In the stomach was a stone that dropped from her heart  
It stayed in her a year until a crack  
The weight of her loss put her on her back  
Resistance is a place where nothing lasts  
The Pacific is a place where nothing lasts  
A Pacific made of ash  
Brace yourself  
Try to stay alive