

Corpse Pose

Despised Icon

Breathe in
Breathe out
No Ventolin
Panic swiftly settles in

A curse that can't be lifted
From cradle to the grave
Engrained in my DNA
Gasping for air, asthmatic nightmare
I feel the noose tightening, my lungs collapsing

Breathe in
Breathe out

Pain
Rude awakening
Youth is evaporating
Rude awakening
One must face the permanence of pain
Pain
Rude awakening

Breathe in
Breathe out
Trapped in an imperfect shell
Scoliosis, herniated disks
Let it all go

Inhale
Exhale
Let go
Let it go
I am the driver, no longer the passenger
Time to put on the brakes

Inhale
Exhale
Prevail
I'll prevail
Body and mind slowly realigned
Redefined

Pain
Rude awakening
Youth is evaporating
Rude awakening
One must face the permanence of pain
Pain
Rude awakening
Rude awakening

Here comes a panic attack
The pressure's building up
A burning sensation
An overwhelming sting
Rude awakening
I loosen my grip

And soften my stare
Facing despair
Accept the irreversible

Mind and body realigned
In unison
Mind and body redefined
Lie in a Corpse Pose
Tension will decompose
Lie in a Corpse Pose