

## Wounding and Healing of Men

Francis Dunnery

I don't know if I'm getting old  
I don't know if I'm getting tired  
I don't know if I want to go to work today  
'Cause I spent last night with my old friend  
He said its make or break time  
So I asked the burning question  
Why when I want to make a forward move do you knock me to the ground?  
and he said...

He said I'm gonna break you down  
and then I'm gonna build you up again  
Stronger then ever before

I don't know if I'm getting wasted  
I don't know if I'm disillusioned  
I don't know if I want to make the effort today  
I had another bad night with my old friend  
He said there's no separation, there's only integration,  
He really isn't anything physical  
Just a voice inside my head, that keeps saying, keep saying, keep saying. . .

He said I'm gonna break you down boy  
and then I'm gonna build you up again  
Stronger then ever before  
(he says I'm gonna break you down boy)  
He said I'm gonna break you down  
then I'm gonna build you up again

He said I'm gonna take your mother away  
So I can watch your boyhood burn  
E'en though your father failed to show you the way  
and now there's no where left to turn  
He said I'm gonna break you down boy  
I'm gonna turn your rock to sand  
He said I'm gonna crush your spirit boy  
Then you'll have to take a stand  
He said I'm gonna hurt you so bad  
you'll have no where left to turn  
(He said I'm gonna break you down boy)  
He said I'm gonna break you down boy  
Then you can finally be a man