

## Guided Meditation

GEL

Dredging and toiling a wave of unrest  
Your knowledge brings power  
Your words echo distress  
The sutures ripped open  
You're given the tools to sew yourself up  
To seal these wounds

Will you carry on the thread?  
Did you realize the weight?

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Will you carry on the thread?  
Did you realize the weight?

Of the bricks that press down on the fortified gate  
Pump me up to the brink  
Empty lining in the sink  
Spill the thoughts out your head  
One day you'll be dead