

# Paura

Infected Rain

La paura è il principale avversario nella nostra esistenza  
Nella nostra beatitudine  
Nella nostra serenità  
La paura è un mostro che sembra invincibile  
Ma ricorda, il mostro vive solo dentro di noi  
Noi lo nutriamo, lo alimentiamo con I nostri pensieri  
È la nostra creazione, un prodotto della nostre menti  
E se la paura è un prodotto della nostra mente, allora abbiamo anche  
il potere di sconfiggerla  
Dobbiamo affrontare la paura, osservarla, conoscerla  
Solo allora potremmo iniziare a capire come ridimensionarla, come renderla meno potente

In the silent night, while lying in bed  
While your mind is racing, overwhelming your head  
Remember to stop and breathe  
Fear cannot tell you how to live

A burden so heavy to realize and bear  
Your fear is your own, no one will care  
Our mind's a battlefield, a war zone  
With every hit we move away from home

In the silent night, while lying in bed  
While your mind is racing, overwhelming your head  
Remember to stop and breathe  
Fear cannot tell you how to live

Panic sets in as the madness spreads  
No way to hide, can't make amends  
Screaming voices are so sharp  
Pain and doubt just never stop

In the depth of our soul, there lies fear  
It's eating us alive, it's always near  
It guides us, leads us to our tomb  
In time it grows, it's a ticking bomb  
It guides us, leads us to our tomb  
In time it grows, it's a ticking bomb

Remember to stop and breathe  
Fear cannot tell you how to live  
Remember to breathe

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