

# Hands Go Up

Jack Garratt

If you can hate yourself, then you can love yourself  
If you can scold yourself, then maybe you can hold yourself  
If you can break yourself, then surely you can make yourself  
If you can blame yourself, then you can forgive yourself

When the hands go up  
Love comes down, love comes down  
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If you can tear yourself, then you can repair yourself  
If you can wreck yourself, then maybe you can check yourself  
If you can antagonise yourself, then you can galvanise yourself  
And if you can disguise yourself, well you know, you might surprise yourself  
, haha  
If you're gonna burn yourself, make a beautiful urn for yourself  
And if you're gonna pull apart yourself, then make a work of art from yourself  
For no matter the how the height of the water and terrifying the sound  
Just lift up your hands and let the love come down

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