

These Are the Days

Kae Tempest

These are the days
These are the only days
This is the only only
But these are the days
That feel like those other days
Each moment is open, open
These are the days
That I used to see in dreams
These are the days
I told me I would receive
These are the days I used to believe
I was trying to show me
I could have used these days
When the days were those days
When the days used to pass so slowly
And when they have gone
I will remember these days
As the days when I had a focus
That I do not feel in the moment
Only the moment, I know
Only the moment
The whole sky is broken, it opens upon me
These are the days
These are the only days
So why can't I feel them hold me?
Why must I sit in the wake of the days
Watching them pass
Like they are not golden?
These are the golden moments
But these are the days
That I turned my back on
These are the days I let go of
Looking for days
That used to be days
Or days still to come
Nothing was broken
But I made it break
Coz I couldn't wait
For the days to be filled with emotion
I couldn't rest
I wanted obsession, adrenaline, mess
I wanted devotion
But I didn't know
Why I was so pressed by distraction
Why I was so desperate to let it all go
Let it all grow
From the moment
Take it apart
Just to know it can never be broken
Make it an art
Walking away from the good ones
When I should have listened
But what's hidden
Is only revealed when you're looking for patterns
These are the days when I regain my balance
For now, I am sat without love or compassion
Defeating myself because I made it happen

But no more comparisons
No shade, no shame
No vanishing flames at the edge of the frame
No practicing
Only the main
It's all spilling out of my veins
All these mannequins turned
When I came, looked away
How embarrassing
Stop shouting your name in my ears
I'm not panicking
I am right here
I am right here, I am managing
These are the days
That the other days spanned
Don't bother me
Don't understand
Don't follow me into the sand
Don't wallow in bed until air becomes solid
You were all presence
And I was all plans
But these are the days
When I felt the days
Rise in my body and I took them in hand
These are the days
When I feel the days
Rise in my body
And I take them in hand