

# Heal Yourself

## Primal Scream

I submerged myself for so many years  
Hardened my heart, I cried no tears  
I was running away  
I was trying to hide  
Thought I knew myself, but my truths were lies  
My distorted sense of self left no space for anyone else  
Behind the wall of sleep I felt safe and out of reach  
There was a hole inside of me just as deep as any sea  
Just as dark as any pit, still, I had to fill it

She healed me and set me free  
Gave me love and sweet release  
Heal heal heal heal yourself  
Reach out now to someone else

I met someone special, we fell in love  
She knew I was sick but she didn't let on  
God gave me an English rose  
To heal my heart and save my soul  
Her love couldn't lift my sadness  
I wouldn't let her in to share my darkness  
Then she told me with a smile  
She was carrying our child  
A miracle it seemed  
Would I care to share her dream?

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We set up home, times were good  
I really tried the best I could  
Now and then I slipped and fell  
Became a stranger to myself  
A second child was born out of love  
Still the sly and snaky feelings wouldn't stop  
I had trouble on my mind and in my blood  
Thought I was free but was in jail  
Thought I'd won but I had failed  
Only weak men run away  
You have to face yourself someday

If you find someone you really love  
Just hang on in there and hang in tough  
If you've no love for yourself  
How can you love somebody else?  
My warring heart tore me apart  
Spent too long in the dark  
Angry, a closed book  
She opened it to living  
She opened it to giving  
She opened it to living

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