

# Holy Ghost

Simon Curtis

I haven't been out of bed in two days  
That's a lie  
I made it to the couch  
And I guess that counts for something  
But I feel like nothing  
Everything is nothing anyway  
Cause you bury trauma  
Up until it buries you  
All that buried trauma  
That I didn't think was true  
And I know  
And I know  
And I know

I'm seeing visions of  
The Holy Ghost  
I'm hearing things that  
I don't wanna hear  
Why am I hiding  
Why am I hiding  
Why am I hiding from the world  
I don't wanna hide anymore  
Anymore  
Anymore  
Anymore  
Anymore  
Anymore  
Anymore

How many times do I have to almost die  
Until I get it right  
Until I see the light  
And reconnect to my gratitude  
Why don't I have any gratitude  
Cause you bury trauma  
Up until it buries you  
All that buried trauma  
That I didn't think was true  
And I know  
And I know  
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