

# Assemblage 23, Ground

Be still  
though chaos reigns around you now  
only so much rain can fall at once  
Breathe in  
and let the air envelope you  
and slow and sure serenity will come

Close your eyes  
try to breathe  
feel the ground  
beneath your feet  
Its still there  
the world still turns  
around

Stand up  
though circumstance has knocked you down  
there is nothing gained by staying in its' reach  
take strength  
in every failure you endure  
our mistakes have many lessons they can teach

Close your eyes  
try to breathe  
feel the ground  
beneath your feet  
Its still there  
the world still turns  
around

Destroy  
these walls you've built around yourself  
you can't take another step until they're gone  
move out  
you're used to dwelling in the past  
bid farewell to all your fears and carry on

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