

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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