

Francis Dunnery, Wounding And Healing Of Man

I don't know if I'm getting old
I don't know if I'm getting tired
I don't know if I want to go to work today
'Cause I spent last night with my old friend
He said its make or break time
So I asked the burning question
Why when I want to make a forward move do you knock me to the ground?
and he said...

He said I'm gonna break you down
and then I'm gonna build you up again
Stronger then ever before

I don't know if I'm getting wasted
I don't know if I'm disillusioned
I don't know if I want to make the effort today
I had another bad night with my old friend
He said there's no separation, there's only integration,
He really isn't anything physical
Just a voice inside my head, that keeps saying, keep saying, keep saying. . .

He said I'm gonna break you down boy
and then I'm gonna build you up again
Stronger then ever before
(he says I'm gonna break you down boy)
He said I'm gonna break you down
then I'm gonna build you up again

He said I'm gonna take your mother away
So I can watch your boyhood burn
E'en though your father failed to show you the way
and now there's no where left to turn
He said I'm gonna break you down boy
I'm gonna turn your rock to sand
He said I'm gonna crush your spirit boy
Then you'll have to take a stand
He said I'm gonna hurt you so bad
you'll have no where left to turn
(He said I'm gonna break you down boy)
He said I'm gonna break you down boy
Then you can finally be a man