

# Inhale Exhale, The Lost. The Sick. The Sacred.

Baffled by the way she screams  
Shattered hearts and bursting seams  
Life is full of expectations never to be met  
Singing songs of thankfulness could never be enough  
Shifty eyes, the fakest grins  
Shall I do the honors?  
I turn my head thinking about this side of you  
Oh, for my sanity I really need a break  
But I can't take the time away  
This need is way too great  
Will I let the world destroy me?

We are the lost  
We are the sick  
We are the sacred  
We are the sacred  
We accept you  
For everything you are

We beat ourselves down and never think twice about judging or hating  
Well isn't that nice  
Cruel and filled with trials, a lifetime it seems  
They would turn around and spit in your face  
I'm lost and I feel sick, well thats just too bad  
I'd say it's time to talk but I'm just not ready  
You might feel sorry for a simple-minded soul, but what baby wants, baby gets

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I'll find a chair, stand, and tell you how it is  
Reminders for the past demand, never let it go  
You fall short of being where you'd hope to be

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