

Shelter, Rejuvenate

I feel the pressure pinching

I feel it strangulate

Although I'm on a path

I get enticed to deviate

Sometimes life is peircing

Just want to intoxicate

And run away from all the pain

And no longer participate, enough

Contemplation, meditation, restoration

No more frustration

We work until we break, I say break away

How much more can I take ?

Rejuvenate

I know this world can get me back up against the wall

Sometimes I feel as if there's gonna be a brawl

Sometimes I throw my hands up

Sometimes I sit and cry

And wonder if there's one that cares

If I live or die, enough

We give ourselves

But we major in many minor things

There's no one else

To change the way we're living

We must be the one