

# Sick Of It All, The Shield

Lowered my shield, lowered - defenses  
happier now feeling - all senses  
heighten my soul and my - awareness  
isn't it great being - defenseless  
a long time ago i was - protected  
the choice was mine and i - selected  
the joy and the pain were - connected  
lowered my shield, now i'm not protected

I never used to let it down  
never used to let it down  
i never used to let it down  
never used to let it  
there's something i've got to see  
i never used to let it down  
never used to let it down  
i never used to let it down  
never used to let it  
i've got to see what's really inside of me

Now i understand that emotion  
now i understand why there's commotion  
all this time without - a notion  
all this time without - devotion  
why waste time being - suspicious  
come taste life it's - delicious  
expose yourself to the - malicious  
expose yourself, they're - so vicious

All these years / will this shield disappear  
and will i stand / a stronger man / no shield in hand  
i'll have to overcome the pain the best that i can