

# Outdoor Sounds

[Abbott Hayes](#)

Outside in the rain  
Amongst those outdoor sounds  
I know you feel no pain  
Underneath that ground  
I feel my body wane  
As my head lays down  
Upon your hard packed grave  
I lie here with you now  
everyday Well I set myself some boundaries  
That went no further than the foot of my bed  
And for the first few months I laid there  
Trying to disconnect my head  
It was this helplessness I'm feeling  
It was the stiffness of regret  
If you could see just what I was doing  
You'd know I'd forgotten what you said "You'll tear yourself apart with hate, love  
Trying to keep it all inside  
Instead of dwelling on my fate, love  
Learn to celebrate my life  
Keep pushing forward every way, love  
Taking every day in stride  
Taking every day in stride"

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