

# Shadowboxing

## Oceans Firing

Thoughts are moving slow  
In constant fatal flow  
In this labyrinth I'm in  
On a sheet of ice too thin  
No words for what I feel  
I cannot describe  
Why can no one understand this  
I climbed the ladder stair by stair  
I hoped that I would get somewhere  
I found that movement is my way  
To stop the world from turning grey  
But now I reached a wall  
It stands there high and tall  
Once built for my protection  
Now it stands right in my way  
Courage is the spark, hope is the drive  
Our passion, our hunger  
Our aims let us strive  
But my rose-coloured windows  
Broke long ago  
And the clear look that's left  
Makes my tears sometimes flow  
For some wounds we have  
Only time knows the cure  
There is nothing worse that we can do  
Nothing worse for me and you  
Than boxing shadows with our memories  
Boxing shadows with our past  
Never look back  
Those walls we have inside  
Those walls we built on pride  
Every day they are growing higher  
And cut the sunlight from our eyes  
This is just another lesson  
We must learn  
Courage is the spark, hope is the drive  
Our passion, our hunger  
Our aims let us strive  
But my rose-coloured windows  
Broke long ago  
And the clear look that's left  
Makes my tears sometimes flow  
For some wounds we have  
Only time knows the cure  
A step you dare  
On unknown land  
The common touch

Of a helping hand  
A light that shines  
Right through the mist  
Or the desperate power  
Of a clenching fist  
Go on, when the whole world around you  
Is falling to pieces  
There is still something left  
To hold on to

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