The Shield

Sick of It All

Lowered my shield, lowered - defenses
happier now feeling - all senses
heighten my soul and my - awereness
isn't it great being - defendeless
a long time ago i was - protected
the choise was mine and i - selected
the joy and the pain were - connected
lowered my shield, now i'm not protectedI 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 realy inside of meNow i understand that emotion
now i undrstand why ther'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 viciousAll 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

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