

Harness Pain

The Proclaimers

You need to harness pain
To raise yourself up again
You need to harness pain
And tell the truth about love You need to break your heart
Before you can really start
You need to break your heart
And tell the truth about love Then you need to set a goal
That you can't reach
Then you have to attack
Defenses you can't breach Then you need to lose
And lose and lose again
If you want to hold the flame
You harness pain, you harness pain You need to take your doubts
And spread them all about
You need to face your doubts
To tell the truth about love You know the clichs wrong
Hatred is just as strong
You know it's just as strong
Just as strong as love So you need to take your hate
And doubt and fear
Distill them through your word
"Til they run clear" Til they run right through your heart
Like Highland rain
If you want to hold the flame
You harness pain, you harness pain Do you want to be the best
Or be well known?
Do you want to repeat lines
Or write your own? Do you want to follow paths
Or blaze a trail?
When you try to succeed
You mostly fail And you're gonna lose
And lose and lose again
If you want to hold the flame
You harness pain, you harness pain

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