

# A Screaming Breath

## Anacrusis

Are we so brave?  
Are we so bold as to deny our hearts  
Are we so numb?  
Are we so cold as to defy our conscience?Awkwardly we walk alone  
So distant and so uncaring  
Deliberately we disguise ourselves  
To protect our frail emotionsThe ability to feel and be  
Somewhere in me is longing to free  
This screaming breath  
BreatheSelfishly we retain and horde  
Everything and yet, nothing at all  
A poisoned soul can never soar  
When bound by doubt and by fearAwkwardly we walk alone  
So distant and so uncaring  
Deliberately we disguise ourselves  
To protect our frail emotionsThe ability to feel and be  
Somewhere in me is longing to free  
This screaming breath  
BreatheAre we so brave?  
Are we so bold to hide from things we long to show?  
Are we so numb?  
Are we so cold as to lose the self to self-control?The ability to feel and be  
Somewhere in me is longing to free  
This screaming breath  
Breathe

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