Shadow Boxing

Jarren Benton

Thoughts are moving slow

In constant fatal flow

In this labyrinth I'm in

On a sheet of ice too thinNo 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 greyBut now I reached a wall

It stands there high and tall

Once built for my protection

Now it stands right in my wayCourage 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 cureThere 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 backThose 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 learnCourage 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 cureA 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 fistGo on, when the whole world around you
Is falling to pieces
There is still something left
To hold on to

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