

Abbott Hayes "Outdoor Sounds"

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Outside in the rain
Amongst those outdoor sounds
I know you feel no pain
Underneath that ground
I feel my body wane
As my head lays down
Upon your hard packed grave
I lie here with you now
everyday

Well I set myself some boundaries
That went no further than the foot of my bed
And for the first few months I laid there
Trying to disconnect my head
It was this helplessness I'm feeling
It was the stiffness of regret
If you could see just what I was doing
You'd know I'd forgotten what you said

"You'll tear yourself apart with hate, love
Trying to keep it all inside
Instead of dwelling on my fate, love
Learn to celebrate my life
Keep pushing forward every way, love
Taking every day in stride
Taking every day in stride"

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