

# Broken Foundation

## Earth Crisis

Pain. Bashed to the floor. Ugly, inferior, helpless and worthless.

A low self-image has been made. It's continuously reinforced. Barbed words that never leave the mind echo

and cripple from the inside. Wounds of selfdoubt bleed fear and tension. Built to fall from a broken foundation.

Begging for forgiveness when no real wrong has been committed. Just to try to calm the rage before it degenerates into violence.

There's no refuge. In what should be the refuge when the wrong words ignite anger. There's no refuge.

In what should be the refuge when the wrong words ignite anger into frustration that can't be controlled.

Stumbled, fractured through years of confusion.

Now the direction's set. Your potential is finally realized. Rising as the embedded harm is slowly overcome.

Bashed to the floor. Ugly, inferior, helpless and worthless.

A low selfimage has been made. It's continuously reinforced.

Barbed words that never leave the mind, echo and cripple from the

inside. Arise and build anew. Express release. Seize control.

Express release. Reinvent. Arise and build anew.