

## *Cocoon.....Butterfly*

*Up, down, ebb and flow  
Sometime I feel like I have to put on a show  
She looks so good they say with a smile  
Of course she is fine; it has been quite awhile  
Wanting to feel normal and sane  
Still filled with anger, joy and pain  
Open the pathway breathe some fresh air  
Trying so hard not to feel despair  
Let yourself go, let yourself cry  
Just let your self be ..... don't ask why*

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