

**[Butterfly] Hear this voice**

**Bow**

**Karma is coming meeting them head on  
But I turn away when I'm suffering  
And so much grief is lifted by VSOP  
And now they mock me for turning the leaf  
Trying to tear me down trying to undo me  
They keep their eyes sad and deep  
In all their disbeliefs deafening me**

**Shift**

**Got me watching frozen alone  
From a back seat hopeless and hidden  
We were locked in afraid and ashamed of the drumbeat  
Fighting stigma from the taboo queen  
Hurt woken alone and it leaves us beat  
By broken words and empty screams  
Suffering in silence and it goes unseen**

**Hear this voice hear this voice  
I'll hang up the silence you've never heard me before  
Hear this voice hear this voice  
Been hiding for so long that isn't me anymore**

**Turn**

**Hold my head up to the sky  
Disillusioned asking why?  
How did we not know?  
How did we not see?  
These questions that freeze inside me  
A lot of lives that were put on hold  
Will we ever get over feeling worthless and sold?  
The weight of shame crushes  
The fear of guilt hushes  
It's our truth no matter how we grow  
They need to know the damage has been done  
It's now more than ever that needs spun  
We can't keep repeating the past  
Their sense of punishment cannot last**

## Rise up

It's a time to heal and recall  
They're older and wiser  
It explains their stall  
I'm looking up  
To the prayers in the sky  
I want answers  
To my final action cry

Hear this voice hear this voice  
I'll hang up the silence  
You've never heard me before  
Hear this voice hear this voice  
Been hiding for so long that isn't me anymore  
Hear this voice hear this voice  
I'll hang up the silence you've never heard me before  
Hear this voice hear this voice  
Been hiding for so long that isn't me anymore

Hearts can mend  
Memories remain  
So spread your wings  
And fly  
Hearts can mend  
Memories remain  
So spread your wings  
And fly

Hearts can mend  
Hear this voice hear this voice  
Memories remain  
I'll hang up the silence you've never heard me before  
So spread your wings  
Here this voice hear this voice  
And fly  
Been hiding for so long that isn't me anymore

Hearts can mend  
Hear this voice hear this voice  
Memories remain  
I'll hang up the silence you've never heard me before  
So spread your wings  
Here this voice hear this voice

**And fly**  
**Been hiding for so long that isn't me anymore**

**Hear this voice**

©2019 Louis James – All Rights Reserved