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## Funeral For My Past

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Funeral For My Past

Fred Bonnano

I attended a funeral dressed in black  
I abruptly left but something called me back

I had to say goodbye  
I had to let it die

The time is now, it cannot wait  
It held me back, but it is not too late

It had its grip around my throat  
Left for dead, barely afloat

It dragged me down and gave me no hope  
At times it felt I was at the end of my rope

I was held prisoner in my mind  
Eyes were open, but I was blind

For so many years I held it inside  
I lied  
I denied  
In some ways I died

Time to look in the mirror and let it go  
Time to let my inner seed grow

Seeking guidance seeking direction  
This will be my resurrection

Never question what could have been  
That will steal your soul from within

The demon has been slayed  
No more am I afraid

As I lower the coffin lid  
This forever nightmare, I am finally rid

I am free at last  
I held a funeral for my past