**Punch to the Gut**

*March 10, 2013*

Punch to the gut shot to the heart stuck in a rut need a new start

Old friends have turned Old trust has cracked old

Lovers so spurned Can't bear to look back

Storm clouds ahead Sundown and set No good to be said cept it's not over yet

The sun will Still rise I can still breath hear speak and see Though my body be aged.

Life by King chained and bound.

Not so for the soul.

Spirit mind self still roam free.