

Overcome Your Sadness

Lyrics : Hironori Nagasawa & Shoichi Hirano

Music : Shoichi Hirano

経験も 常識も効かない 痛みを感じてる

Feeling a pain which experience or common sense cannot ease.

大好きな 仲間には見せない 苦しみを抱いてる

Bearing a hurt that you can't show your best friends

君のその道のりが 険しいとしても

Even if your path is rocky

必ずこえてゆける その力になるように

You will overcome, I'll become your strength

悲しみをこえてゆけ 今の痛みこえてゆけ

Overcome this sadness and overcome the pain

躓いて転んでも 諦めはしないで

Don't give up even if you stumble and fall

涙を流してゆけ 苦難の中もいざゆけ

Step forward even as you cry, just step forward even when it's tough

いつまでも どこまでも 輝いていける明日を目指して

Head for that tomorrow where you can shine forever

朽ちてゆく 金よりも尊い 試練の中の輝き

More precious than gold that decays, is that brightness that shines through the trial

いつまでも 残るものを探せず 何を価値とするだろう

If you don't find what lasts forever, then what are you going to value?

裏切られ 倒されて 傷つけられても

Even if you are betrayed, beaten down, and hurt

とことん貫いてやれ 進む先に風が吹く

Keep going forward, there's a fresh wind ahead

苦しみをこえてゆけ 今の試練こえてゆけ
Overcome this suffering and overcome the trials
力より 上手さより 信じる心によって
Not by strength or skill, but with the heart that believes
逆境に跨って 手綱強く握りしめ
Grab hold of the reins and ride through this difficult time.
駆け抜けろ どこまでも 輝いていける明日を目指して
Run through it. Head for that tomorrow where you can shine
forever

人生の道のりが 凸凹道でも
Even if life's road is bumpy.
必ずこえてゆける 悲しみにさようなら
You will overcome. Say goodbye to your sadness

涙を流してゆけ その先の喜びまで
Step forward even as you cry. Until you reach that happiness
もう一歩 踏み出せば 辿り着けそうだ
Just one more step, you're almost there.
苦しみをこえてゆけ 今の痛みこえてゆけ
Overcome this sadness and overcome the pain
躓いて転んでも 諦めはしないで
Don't give up even if you stumble and fall
悲しみをこえてゆけ 今の試練こえてゆけ
Overcome this sadness and overcome the trials
いつまでも どこまでも 輝いていける明日を目指して
Head for that tomorrow where you can shine forever