

Be yourself

Words/Lyrics : Hironori Nagasawa

押し殺すのに 慣れたはずの気持ちが揺れる 君の深い場所で  
Deep inside you it's stirring, those feelings that you thought  
had been killed and silenced

当たり障らず 波風立てないように生きる 君の小さな声  
Taking no stand, and making no waves, you've lived and kept  
your voice small.

本当はとても 感じ取って欲しい

But really you want it all to be felt

わがままになれない思いが 君を閉じ込めてる

Those thoughts that "you mustn't be yourself" are shutting  
you in.

心の中を叫べばいい 喜び悲しみも全て

Shout out what's in your heart, all of your joy and sorrow.

受け止められるよ 君の全て 大きなこの手で

These wide hands will take it all in, all that you are

笑いたいなら笑えばいい 全てを吹き飛ばす声で

Just laugh if you want, with a loud voice to blow it all away

クタクタになったら目をつぶって 大きなこの手にゆだねて

When you're tired, just close your eyes, and leave it all in  
these hands.

見えない気持ちが 確かにそこにある

Invisible feelings are sure to exist

食欲になれない思いが 君を閉じ込めてる

Those thoughts that "you mustn't want too much" are shutting  
you in.

心の中を叫べばいい 喜び悲しみも全て

Just shout out what's in your heart, all of your joy and  
sorrow.

受け止められるよ 君の全て 大きなこの手で

These wide hands will take it all in, all that you are  
泣きたいときは流せばいい ありったけの涙も全部  
Just cry when you want, all the tears that you have  
カラカラになったら水をあげるよ かわいた心を満たして  
When you are dry, he will give you water that fills your  
parched heart

笑いたいなら 笑えばいい 全てを吹き飛ばす声で  
Just laugh if you want, with a loud voice that blows it all  
away

受け止められるよ 君の全て 大きなこの手で  
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