

## Carry Your Heart

Hold your head up if you really want to.  
Look up at the sky or look down at your shoes.  
Take a look around to see what others will do.  
Look at whatever is important to you.

Life is a mystery, there's no doubting that.  
You go through it blind, and the deck's always stacked.  
All of your plans may seem to fall through the cracks.  
It's hard to go on, but there's no turning back.

So carry your heart through the light and the dark  
And you'll find out that time stands still.  
Wherever you go, whatever you do  
You know that we will always be with you.  
If you're troubled today, don't be dismayed,  
Just remember that time stands still in your heart.

Loneliness can make the road to love long and wide  
So don't be afraid to walk with someone by your side.  
Carry your heart just like it's made out of gold  
And give it out fearlessly for others to hold.

You're alright now, but there's no guarantee  
That something won't fall and knock you down on your knees.  
So carry your heart just like a feather in the wind.  
Let it blow around until it comes back again.

Carry your heart through the light and the dark  
And you'll find out that time stands still.  
Wherever you go, whatever you do  
You know that we will always be with you.  
If you're troubled today, don't be dismayed,  
Just remember that time stands still in your heart.

How you hold your head can make a difference at the start,  
But it's nowhere as important as how you carry your heart.