

The Frost

August Burns Red

The cold comes with a sting, a sting across my hands
Cracking and breaking like the weight upon my chest
It took me years to figure out
It's what I needed, needed to survive

What I need to survive
My resolve will be revived

I discovered the cure for my misery
By spending time with the unforgiving
Something more, so much more
Graceful than anything, anything living

Alone with the wind is where I hide
As I find my place among the stars
This moment makes me feel alive
It's what I need to survive

Time stands still as my thoughts stop swimming
(Time stands still)
Time stands still as my thoughts stop swimming
(Time stands still)

My muscles may ache, my tendons may break
But tearing myself down to nothing
Has allowed me to become something more than this
Something greater...
This is where I may seem lost
But I promise you I'm more awake than ever
Awake than ever
I'm facing up towards the never ending expanse
And finding my place among the stars

Alone with the wind is where I hide
As I find my place among the stars
This moment makes me feel alive
It's what I need to survive

Open soul, open mind
I'm finally focused on what's inside
I've gained a new perspective
I've gained a new perspective

Open soul, open mind
I'm finally focused on what's inside
I've gained a new perspective