

# Spinal Compression

Fear Factory

Like the knife into my back  
Cold hate within my spine  
Freezing of my nerves  
This slow death consumes my mind

Shock waves through my soul  
Compounding my fears  
This depression on my life  
My dead weight through the years

I'm going to break

I've had all that I can take  
Endurance wearing thin  
Everything that's on my mind  
Will crush my soul within

My feet sink into the ground  
Embeds my roots of fate  
Coursing through my blood vessels  
Reality of hate

Crushed by this fate under this weight  
Crushed by this fate under this weight  
I'm going to break  
Because I've had all that I can take

Please stop this pressure  
Weighing down on me  
Please stop this pressure  
Weighing down on me

Please stop this pressure  
Weighing down on me  
Please stop this pressure  
Weighing down on me

Buried to my neck in waste  
Debris of life itself  
World spinning out of control  
I feel like I'm in hell

Somethings got to change  
Somethings got to give  
Existential weight on mind  
Is not my way to live

Crushed by this fate under this weight  
Crushed by this fate under this weight  
I'm going to break  
Because I've had all that I can take

Please stop this pressure  
Weighing down on me  
Please stop this pressure  
Weighing down on me

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