

## Embedded

Jack Frost

stormy winds blow  
inside of my head  
blackened skies show  
wherever I am  
ambitions wasted  
stranded again  
all gone but hatred  
in a weary soul

I am but a shadow  
of my former self

[Chorus:]  
creeping on  
in gloomy rain  
in swamps of grey

now I embrace my fear  
surrender unto pain  
agony unfolding  
and silence closing in