

## The beast in me

Mark Lanegan

The beast in me  
Is caged by frail and fragile bars  
Restless by day  
And by night rants and rages at the stars  
God help the beast in me

The beast in me  
Has had to learn to live with pain  
And how to shelter from the rain  
And in the twinkling of an eye  
Might have to be restrained  
God help the beast in me

Sometimes it tries to kid me  
That it's just a teddy bear  
And even somehow manage to vanish in the air  
And that is when I must beware  
Of the beast in me that everybody knows  
They've seen him out dressed in my clothes  
Patently unclear  
If it's New York or New Year  
God help the beast in me  
The beast in me