

Embrace the Darkness

Sam Brown

I know you're in there somewhere, just searching for yourself
And I also know you feel despair, you don't need to cry for help

I've realised that feeling like a heart of ice that melts
And trickles down into your gut, and chills your every cell

I can't tell you to ignore it
I can't make it go away
Accept this as a part of you is all that I would say

Embrace the darkness
Don't be afraid
Embrace the darkness
Let your soul be laid bare
Embrace the darkness
And reach within yourself
Embrace the darkness, embrace the dark

A broader sense of paradox might be our key to life
The something that we all look for could be there before our eyes
But does anybody give a care who's wrong or what is right
Sometimes there may be more to gain if we would yield instead of fight

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Reach out reach in... have faith believe in yourself
Reach out reach in... take heart pay heed to yourself