

## 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