oh	this resentment grows in my heart		
oh			
this pain			
oh			
oh	hatred runs rampant in my bosom		
	and I fold in upon myself		
Birds tearing away and flesh	exposing rib and lung	the crack o	f bone fills the air
	And I		
	am lost		
oh d	oh this pain	oh	oh
this pain grows in my heart			

Notes for free improvisation/setting: start on G for first oh, then slide down a half step