



**MY SHADOW'S
SHEDDING SKIN AND
I'VE BEEN PICKING SCABS
AGAIN I'M DOWN, DIGGING
THROUGH MY OLD MUSCLES
LOOK-
ING FOR A CLUE I'VE BEEN CRAWL-
ING ON MY
BELLY CLEARING OUT WHAT COULD'VE BEEN I'VE
BEEN WALLOWING IN MY OWN CONFUSED AND
INSECURE DELUSIONS FOR A PIECE TO
CROSS ME OVER OR A WORD TO
GUIDE ME IN I WANNA FEEL THE
CHANGES COMING DOWN I
WANNA KNOW WHAT I'VE BEEN
HIDING IN MY SHADOW MY**

**SHADOW CHANGE IS COMING THROUGH MY
SHADOW IN MY SHADOW SHEDDING SKIN I'VE BEEN
PICKING MY SCABS AGAIN I'VE BEEN CRAWLING ON MY
BELLY CLEARING OUT WHAT COULD'VE BEEN I'VE BEEN
WALLOWING IN MY OWN CHAOTIC AND INSECURE DELUSIONS I
WANNA FEEL THE CHANGE CONSUME ME FEEL THE OUTSIDE
TURNING IN I WANNA FEEL THE METAMORPHOSIS AND CLEANSING
I'VE ENDURED WITHIN IN MY SHADOW MY SHADOW CHANGE IS
COMING, NOW IS MY TIME LISTEN TO MY MUSCLE MEMORY CON-
TEMPLATE WHAT I'VE BEEN CLINGING TO FORTY-SIX AND TWO
AHEAD OF ME I CHOOSE TO LIVE AND TO GROW, TAKE AND GIVE AND
TO MOVE, LEARN AND LOVE AND TO CRY, KILL AND DIE AND TO BE
PARANOID AND TO LIE, HATE AND FEAR AND TO DO WHAT IT
TAKES TO MOVE THROUGH I CHOOSE TO LIVE AND TO LIE, KILL
AND GIVE AND TO DIE, LEARN AND LOVE AND TO DO WHAT IT
TAKES TO STEP THROUGH SEE MY SHADOW CHANGING
STRETCHING UP AND OVER ME SOFTEN THIS OLD ARMOR
HOPING I CAN CLEAR THE WAY BY STEPPING THROUGH
MY SHADOW COMING OUT THE OTHER SIDE
STEP INTO THE SHADOW FORTY SIX AND
TWO ARE JUST AHEAD OF ME**

*Forty Six
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