

COLD MARROW



INSIDE

TRACKLIST

01. Sweetest Poison
02. Inside
03. Buried in the Echo
04. Gravity Below
05. Rust on My Tongue
06. Hollow in My Head
07. Pale Light Waiting
08. Sand in My Hands
09. Beneath My Skin
10. Haunting in the Night
11. Fading Out Your Ghost
12. Nothing Left to Save

TRACK 01 OF 12

SWEETEST POISON

INTRO

(Instrumental)

VERSE 1

You drip into my head like water from the ceiling,
Cold and kind of sweet, but it screws up all my feelings.
I breathe you in again, it's rotten but I need it—
A habit in my bones, and I'm too numb to beat it.

PRE-CHORUS

Yeah, you taste soft,
But you burn rough...

CHORUS

You're my sweetest poison,
Killing me slow.
I keep coming back
'Cause I can't let go.
You smile like sugar,
But you rot my soul.
Sweetest poison—
I lose control.

VERSE 2

You crawl under my skin like you're looking for a reason,
Laughing in my blood while my heartbeat starts to freeze up

I try to shake you off, but you stick like something broken,
Ringing in my head like every word you've spoken.
Yeah, you look soft,
But you cut rough...

CHORUS

You're my sweetest poison,
Killing me slow.
I keep coming back
'Cause I can't let go.
You shine like heaven,
But you bruise my soul.
Sweetest poison—
I lose control.

BRIDGE

Bite down, spit out,
I can't clean you off now.
Break me, shake me,
Twist me 'til the lights go out.
I don't want it—
Yeah, I want it...
I don't want it—
Yeah, I want it...

FINAL CHORUS

TRACK 01 OF 12 (CONT'D)

SWEETEST POISON

You're my sweetest poison,
Crawling inside.
I keep taking hits
Just to feel alive.
You taste like heaven
Dipped in cyanide.
Sweetest poison—
I can't survive

TRACK 02 OF 12
INSIDE

VERSE 1

Am I a lonely body or just a ghost
Or am I slipping backwards into what I lost
I hear the sound
But does it even matter anyway

CHORUS

I don't care 'cause it's all inside
It's all inside
It's all inside
I don't care 'cause it's all inside
It's all inside
It's all inside
Let it tear, 'cause it's all inside

VERSE 2

Or even less
Am I living here or waking in a dream
Or am I just a blurry face behind a screen
A blurry mess
But does it even matter anyway

CHORUS

I don't care 'cause it's all inside
It's all inside
It's all inside

I don't care 'cause it's all inside
It's all inside
It's all inside
I don't care 'cause it's all inside
It's all inside
It's all inside

TRACK 03 OF 12

BURIED IN THE ECHO

VERSE 1

I've been crawling through the silence,
Just the dust beneath my hands.
Fallin' deeper than the shadows,
Where no one understands.

PRE-CHORUS

And I try to climb,
But the walls keep closin' in...

CHORUS

I'm buried in the echo,
Where the heartache never goes.
Diggin' for a reason
In the weight of all I chose.

VERSE 2

Every promise that I buried
Still is whisperin' my name.
I keep tryin' to forget it,
But I feed the same old flame.

PRE-CHORUS

And I chase the sun,
But I'm fallin' back below...

CHORUS

I'm buried in the echo,
Where the heartache never goes.
Diggin' for a reason
In the weight of all I chose.
Still sinking with the sorrow,
Where nobody ever knows...

BRIDGE

Take my bones
Let 'em fade below...
Take my soul,
'Cause I can't let go...

FINAL CHORUS

I'm buried in the echo,
Just a shadow in the seam.
Reachin' for the daylight,
But I'm drownin' in the dream.

OUTRO

Buried in the echo...
Buried in the echo...

TRACK 04 OF 12

GRAVITY BELOW

INTRO

(Instrumental)

VERSE 1

You rise out of the shadows,
Pull me deeper when I breathe.
I know I should escape you,
But you haunt the air I need.

PRE-CHORUS

I feel the walls collapsing in,
And I still walk toward your flame...

CHORUS

You're the gravity below,
Draggin' me where light can't reach.
Every time I try to climb,
Your hands pull through the breach.
I keep drowning in your darkness,
'Cause I can't unlove the truth—
You're the gravity,
The gravity below you.

VERSE 2

Your touch is like a warning,
But I chase it anyway.

Every step I take alone,
Still leads back to where you stay.

PRE-CHORUS

The closer that I get to you,
The darker everything becomes...

CHORUS

You're the gravity below,
Pulling soul and bone apart.
Even when I break away,
You drag nails across my heart.
I keep falling into ruin,
Still I crawl back to the truth—
You're the gravity,
The gravity below you.

BRIDGE

I know you'll drown me someday,
Still I reach for your decay.
You're the pull I can't outrun,
You're the night that kills the day.

FINAL CHORUS

You're the gravity below,
And I never break your hold.

TRACK 04 OF 12 (CONT'D)

GRAVITY BELOW

Even when I fade away,
You drag me through your cold.
I keep sinking into shadows,
'Cause I can't deny the truth—
You're the gravity,
The gravity below you.

OUTRO

Gravity below...

Gravity below...

TRACK 05 OF 12

RUST ON MY TONGUE

INTRO

(Instrumental)

VERSE 1

They feed me lines (feed me lines)
Tell me smile (smile)
Put a leash on my throat (on my throat)
Call it style (style)
I taste the lie (taste the lie)
On my tongue (on my tongue)
Say it's freedom (freedom)
When it's done (when it's done)

PRE-CHORUS

Keep me clean (keep me clean)
Keep me quiet (quiet)

CHORUS

I'm locked in (locked in)
With the lights on (lights on)
Say my name (my name)
Then put the mask on (mask on)
I scream out (scream out)
But it comes back (comes back)
Rust on my tongue (my tongue)
From the words you fed me (fed me)

POST-CHORUS

Let me breathe

VERSE 2

You sell the cure (the cure)
Spread the disease (disease)
Call it truth (truth)
When it's keys (it's keys)
Pull the string (the string)
Watch me move (me move)
Tell me jump (jump)
Then remove (remove)

PRE-CHORUS

Keep me blind (blind)
Call it sight (sight)

CHORUS

I'm locked in (locked in)
With my mouth sewn (mouth sewn)
Say "be yourself" (yourself)
But don't say no (say no)
I bleed out (bleed out)
What you lack (you lack)
Rust on my tongue (my tongue)

TRACK 05 OF 12 (CONT'D)

RUST ON MY TONGUE

From the truth you buried (buried)

BRIDGE

You hear me when I'm useful

Mute me when I bite

I'm your voice when it sells

Your problem when it's right

BREAKDOWN

I won't kneel

To your quiet

FINAL CHORUS

I'm locked in (locked in)

But I'm clawing (clawing)

Cut the wire (the wire)

Hear me roaring (roaring)

I spit back (spit back)

What you spun (you spun)

Rust on my tongue (my tongue)

Turns to fire when I'm done (I'm done)

OUTRO

Open the door

TRACK 06 OF 12

HOLLOW IN MY HEAD

VERSE 1

I wake up to the echo in my bed,
A voice that never listens, just repeats what I said.
I'm sinking in the silence that I made,
A ghost inside a room that never fades.
The world feels like a screen I can't unplug,
A static kind of hurt that always shrugs.
I scratch at all the places where I bleed,
But nothing ever fills the holes I need.

PRE-CHORUS

And I... can't breathe—
But I'm still trying.

CHORUS

I'm hollow in my head!
I'm broken in my chest!
The loneliness is loud—
and it's all I've got left.
I'm tired of being scared,
of waking up depressed—
My heart's a dying song
that never gets a rest.

VERSE 2

I tried to stitch the pieces of my soul,

But every thread I pull just makes a hole.
I'm laughing at the pain I can't undo,
'Cause hopelessness is something I outgrew.
I'm drowning in my shadow every night,
The darkness keeps convincing me it's right.
I whisper to the nightmares in my brain,
At least they never leave me in the rain.

CHORUS

I'm hollow in my head!
I'm broken in my chest!
The loneliness is loud—
and it's all I've got left.
I'm tired of being scared,
of waking up depressed—
My heart's a dying song
that never gets a rest.

OUTRO

Yeah...
(I'm hollow... hollow... hollow...)
Nothing left...
Just the mess...
Just the mess...
"I'M HOLLOW!"

TRACK 07 OF 12

PALE LIGHT WAITING

VERSE 1

Crawl through the silence,
Dust on my every regret.
Shadows are pouring,
Into the cracks where my heart once bled.
I feel the weight of a memory,
Pulling me under the floor.
I scream but the sound never leaves me—
Drowned out like before.

PRE-CHORUS

And I fade...
Yeah, I fade...

CHORUS

In a pale light waiting,
I'm chained to the ghost of yesterday.
All the scars I'm saving,
Are the only truth that won't decay.
Can't break free, I'm sinking slow—
And I don't know where to go.

VERSE 2

Lost in the static,
Hearing the echoes that never die.
Cold automatic,

Pain is a friend that I can't deny.
Dragging my thoughts through the darkness,
Blood on the floor of my mind.
Nothing but shadows around me—
Nothing but time.

PRE-CHORUS

And I fade...
Yeah, I fade...

CHORUS

In a pale light waiting,
I'm chained to the ghost of yesterday.
All the scars I'm saving,
Are the only truth that won't decay.
Can't break free, I'm sinking slow—
And I don't know where to go.

BRIDGE

Whispers in the wall keep calling,
Like they know my name.
Every step I take I'm falling—
But I feel the same.

FINAL CHORUS

In a pale light waiting,

TRACK 07 OF 12 (CONT'D)

PALE LIGHT WAITING

I'm chained to the ghost of yesterday.
All the scars I'm saving,
Are the only truth that won't decay.
If I break, then let me go—
Into the undertow.

TRACK 08 OF 12

SAND IN MY HANDS

INTRO

(Instrumental)

VERSE 1

I've been chasin' after shadows,
Tryin' to hold what never stays.
Every heartbeat just reminds me
That the world still pulls away.

PRE-CHORUS

I reach out, but it falls right through—
Feels like I'm graspin' at the wind...

CHORUS

Love is just sand in my hands,
Slip-slidin' through the spaces I can't hold.
Every time I think it's real,
It turns to dust before I know.
I'm fallin' for a dream again,
But it fades like waves into the land—
Yeah, love is just sand
In my hands...

VERSE 2

Blackened memories keep pulling
At the pieces I let fall.

Every promise I believed in
Never meant a thing at all.

PRE-CHORUS

Still I reach, but I can't hold on—
Feels like it's slippin' through again...

CHORUS

Love is just sand in my hands,
Never stays, no matter how I try.
Every time I feel it rise,
It spills away before it dries.
I'm runnin' after ghosts again,
They fade like footprints in the sand—
Yeah, love is just sand
In my hands...

BRIDGE

Tried to hold on tighter,
But the tighter that I held—
The faster it all crumbled,
Till there was nothing left to tell.

FINAL CHORUS

Love is just sand in my hands,
Drippin' through the cracks of every day.

TRACK 08 OF 12 (CONT'D)

SAND IN MY HANDS

I'm reaching for a miracle,
But it always pulls away.
If hope is just a breath of wind,
Then I guess I'll never understand—
Why love is just sand
In my hands...

OUTRO

Sand in my hands... sand in my hands...

TRACK 09 OF 12

BENEATH MY SKIN

VERSE 1

Heavy is the hollow
Vibration in my trembling chest.
Every step I follow
Leads me where I can't find rest.
Whispers in the rafters murmur
Names I buried long ago.
I can feel the poison sinking—
Veins are running slow.

PRE-CHORUS

And it breaks...
Yeah, it breaks...

CHORUS

There's rust beneath my skin,
Cracking every place I've been.
I fall apart again—
No one hears me.
The weight I'm drowning in
Pulls me where the light grows thin.
I fall apart again—
No one near me.

VERSE 2

Truth becomes a shadow,

Stretching in the corners of my mind.
Worn and cold and narrow,
I'm a ghost that I can't leave behind.
Every fear is creeping closer,
Gnawing through the bones I hide.
I can't keep the darkness quiet—
Not from the inside.

PRE-CHORUS

And it breaks...
Yeah, it breaks...

CHORUS

There's rust beneath my skin,
Cracking every place I've been.
I fall apart again—
No one hears me.
The weight I'm drowning in
Pulls me where the light grows thin.
I fall apart again—
No one near me.

BRIDGE

Shattered hopes like broken glass,
Cutting through the seams.
I lost myself in every lie—

TRACK 09 OF 12 (CONT'D)

BENEATH MY SKIN

Now I haunt my dreams.

FINAL CHORUS

There's rust beneath my skin,

Cracking every place I've been.

I fall apart again—

No one hears me.

The weight I'm drowning in

Pulls me where the light grows thin.

I fall apart again—

No one near me.

TRACK 10 OF 12

HAUNTING IN THE NIGHT

VERSE 1

I still feel you in the distance,
Like a shadow on the floor.
Every step just feels so empty
Since you're not here anymore.

PRE-CHORUS

I close my eyes, but you're there again—
A flame I can't outrun...

CHORUS

You're the haunting in the night,
A whisper crawling through the dark.
Every dream becomes a doorway
Where your touch still leaves a mark.
I keep reaching for your memory,
But it fades before the light—
Yeah, you're the haunting,
The haunting in the night.

VERSE 2

I've been walking through reminders,
Every echo feels like you.
Every corner holds your shadow,
Every silence feels like truth.

PRE-CHORUS

I try to sleep, but your voice returns—
Just a whisper in the rain...

CHORUS

You're the haunting in the night,
The presence I can't turn away.
Every dream becomes a nightmare,
Where you drift just out of frame.
I keep reaching for what's gone now,
But it sinks like fading light—
Yeah, you're the haunting,
The haunting in the night.

BRIDGE

I feel you in the cold wind,
I hear you in the walls...
You're the echo I can't silence,
You're the ghost that always calls...

FINAL CHORUS

You're the haunting in the night,
Your memory burning like a flame.
Every dream pulls me deeper
Till I barely feel the same.
I keep holding on to shadows,

TRACK 10 OF 12 (CONT'D)

HAUNTING IN THE NIGHT

But they vanish in the light—

Still you linger...

The haunting in the night

OUTRO

(fade out)

TRACK 11 OF 12

FADING OUT YOUR GHOST

VERSE 1

You crawl around my memories like you're owed a second try
But every word you threw at me was just another alibi
You twisted what we had until the truth was coming apart
Now all you've got is ashes from the fire in your heart

PRE-CHORUS

Your voice keeps scraping at my skin
But I won't let you back again

CHORUS

I'm FADING OUT YOUR GHOST — you don't own me anymore
I'm BREAKING DOWN THE WALLS you built around the hurt before
I'm CUTTING OFF THE CHAINS that kept me drowning in your cold
You can haunt someone else — I'm done doing what I'm told

VERSE 2

You always loved the chaos, kept me guessing who you'd be
A saint when eyes were watching, but the truth when none could see
I carried all your anger like it somehow made me strong
Now I know the weight I held was never mine to hold that long

PRE-CHORUS

Your voice keeps scraping at my skin
But I won't let you back again

CHORUS

I'm FADING OUT YOUR GHOST — you don't own me anymore
I'm BREAKING DOWN THE WALLS you built around the hurt before
I'm CUTTING OFF THE CHAINS that kept me drowning in your cold
You can haunt someone else — I'm done doing what I'm told

BRIDGE

I'm walking from the wreck you made
I'm burning down the games you played
Your shadow tried to make me stay
But I won't die inside your shade

FINAL CHORUS

I'm FADING OUT YOUR GHOST — I'm alive without your chains
I'm BREAKING THROUGH THE STORM you wrapped around my name
I'm CUTTING OFF THE WEIGHT you tied to every breath I owned
I'm done with you forever — you can haunt someone else alone

OUTRO

(fade out)

TRACK 12 OF 12

NOTHING LEFT TO SAVE

VERSE 1

Another night of silence crawling underneath my skin
I hear the echo of your voice — the one that said I'd never
I wake up in the ruins of the promises you made
And every broken piece reminds me how I was betrayed

PRE-CHORUS

You left me drowning in the dark
Now all I've got's your fading mark

CHORUS

I've got NOTHING LEFT TO SAVE — you burned it when you walked away
I'm just SHOUTING AT THE GRAVE of everything we couldn't change
I'm still DYING BY THE DAY, choking on the words you never stayed
I've got NOTHING LEFT TO SAVE... nothing left to save

VERSE 2

I drag around the loneliness you carved into my bones
You said that I was everything — now I'm just a ghost you've faded out
This heartache feels like gravity that keeps me sinking fast
I'm fighting with the shadows, but they always seem to last

PRE-CHORUS

You left me drowning in the dark
Now all I've got's your fading mark

CHORUS

I've got NOTHING LEFT TO SAVE — you burned it when you walked away
I'm just SHOUTING AT THE GRAVE of everything we couldn't change
I'm still DYING BY THE DAY, choking on the words you never stayed
I've got NOTHING LEFT TO SAVE... nothing left to save

BRIDGE

You tore the light out of my hands
You left me sinking in the sand
I tried to breathe but couldn't stand
Now I'm alone in your wasteland

ENDING

NOTHING LEFT TO SAVE — the ashes are all that remain
SHOUTING AT THE GRAVE of love you let decay in vain
DYING BY THE DAY — your memory still pulls my veins
NOTHING LEFT TO SAVE... and you're the one I blame

OUTRO

(faded guitar)



COLD MARROW

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