

COLD MARROW



NOWHERE WARM

TRACKLIST

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TRACK 01 OF 12

FALLING THROUGH THE EMPTY

VERSE 1

I've been wandering through the pieces of a love I
couldn't save
Every memory cuts deeper, like it's carving out my
name
And the hours feel like miles, every step a quiet ache
I keep reaching for the warmth, but all I feel is what
you take

PRE-CHORUS

Oh, I fall again...
Into the spaces where you've been...

CHORUS

I'm calling out for you
But there's nothing pulling through
Every heartbeat feels untrue
Since the world lost sight of you
Take me back to what we made
Before the colors turned to gray
I'm calling out for you...
But the silence never moves

VERSE 2

I remember how you held me like the night was on
our side

Now I'm stranded in the quiet where your love used
to reside
There's a hollowness inside me where your laughter
used to live
And the longing keeps on burning for a touch you
couldn't give

PRE-CHORUS

Oh, I fall again...
Into the memories wearing thin...

CHORUS

I'm calling out for you
But there's nothing pulling through
Every heartbeat feels untrue
Since the world lost sight of you
Take me back to what we made
Before the colors turned to gray
I'm calling out for you...
But the silence never moves

BRIDGE

Pull me closer
To the love we lost
I'd face the fire
No matter what the cost

TRACK 01 OF 12 (CONT'D)

FALLING THROUGH THE EMPTY

All this longing
Fills the emptiness inside
Save me... save me...
From the place where hope has died

FINAL CHORUS

I'm calling out for you
But there's nothing pulling through
Every heartbeat feels untrue
Since the world lost sight of you
Take me back to what we made
Before the colors turned to gray
I'm calling out for you...
But the silence never moves

TRACK 02 OF 12

WHERE HER SHADOW USED TO FALL

VERSE 1

I've been living with the ruins of a life we couldn't keep
Every morning cuts me open, every night I barely sleep
All the colors that she carried turned to gray the day she left
Now the world feels like a burden pressing hard against my chest

PRE-CHORUS

Oh, I'm caving in...
Where her memory used to win...

CHORUS

She was everything I had
Now I'm holding what's left of the past
Every breath feels like it hurts
Since she vanished into the dirt
God, I'd give the world to call
Back the love that stood so tall
Now I'm standing here so small...
Where her shadow used to fall

VERSE 2

There were mornings full of laughter, there were

nights I felt alive

Now I walk through empty doorways where her warmth used to survive

And the quiet keeps on haunting like a ghost that wears her face

I still reach into the darkness hoping I might feel her grace

PRE-CHORUS

Oh, I'm caving in...
Lost in places we've been...

CHORUS

She was everything I had
Now I'm holding what's left of the past
Every breath feels like it hurts
Since she vanished into the dirt
God, I'd give the world to call
Back the love that stood so tall
Now I'm standing here so small...
Where her shadow used to fall

BRIDGE

Take me with you
To the life we dreamed
I'd tear the sky down

TRACK 02 OF 12 (CONT'D)

WHERE HER SHADOW USED TO FALL

Just to hear you breathe
All this sorrow
Fills the cracks you made
Save me... save me...
From the ache that won't fade

FINAL CHORUS

She was everything I had
Now I'm holding what's left of the past
Every breath feels like it hurts
Since she vanished into the dirt
God, I'd give the world to call
Back the love that stood so tall
Now I'm standing here so small...
Where her shadow used to fall

TRACK 03 OF 12

STILL DOWN HERE WAITING

INTRO

(Instrumental)

VERSE 1

I've been walking with my eyes half closed (half closed)

Chasing something I don't know (don't know)

Every heart feels just out of reach (out of reach)

Every touch leaves me incomplete (incomplete)

PRE-CHORUS

I keep digging for a sign (for a sign)

But the ground won't give this time (this time)

CHORUS

I'm down here waiting for a love (for a love)

That never learned my name (learned my name)

I gave everything I had (I had)

Still ended up the same (the same)

POST-CHORUS

Still alone

VERSE 2

I watched the years fall through my hands (my hands)

Like sand I couldn't hold (couldn't hold)

Every promise slipped away (slipped away)

Before it ever got old (got old)

PRE-CHORUS

I don't blame the world (the world)

I blame the hope (the hope)

CHORUS

I opened up just to be shown (to be shown)

That I was better on my own (on my own)

Every time I let it in (let it in)

I lose another piece of skin (piece of skin)

BRIDGE

Maybe love's not meant for me

Maybe I'm what it avoids

I've done the walk, I've done the bleed

Still standing in the void

BREAKDOWN

I'm not afraid to die alone

I'm tired of trying

FINAL CHORUS

I'm down here waiting for a sign (for a sign)

That love was ever mine (ever mine)

If it was coming, it's gone now (gone now)

TRACK 03 OF 12 (CONT'D)

STILL DOWN HERE WAITING

I'm too far down to climb out (climb out)

OUTRO

I'll lay here with what I found

TRACK 04 OF 12

NO HAND TO HOLD IN THE DARK

VERSE 1

I've been walking through the nights with all these
empty open doors
Every time I think there's hope, it slips right through
my hands once more
And the faces blur to nothing, just reminders of the
past
I keep reaching for connection but it never seems to
last

PRE-CHORUS

Oh, I fall again...
Into the heart I can't defend...

CHORUS

I've got no hand to hold in the dark
Just a soul that's falling apart
Every chance burns out too fast
Every hope becomes the last
Still I search for something warm
In a world that feels so torn
I've got no hand to hold in the dark...
Just the beating of a broken heart

VERSE 2

There are moments when I swear I feel a spark of

something real

But it dies before it's born, like every wound that
never heals

All the people passing by don't hear the aching in my
chest

I keep looking for a refuge but I find no place to rest

PRE-CHORUS

Oh, I fall again...
Into the cracks I've lived within...

CHORUS

I've got no hand to hold in the dark
Just a soul that's falling apart
Every chance burns out too fast
Every hope becomes the last
Still I search for something warm
In a world that feels so torn
I've got no hand to hold in the dark...
Just the beating of a broken heart

BRIDGE

Take me out of
This collapsing mind
I've been losing
Every trace of time

TRACK 04 OF 12 (CONT'D)

NO HAND TO HOLD IN THE DARK

All this sadness
Pulls me farther down
Save me... save me...
Before the light goes out

FINAL CHORUS

I've got no hand to hold in the dark
Just a soul that's falling apart
Every chance burns out too fast
Every hope becomes the last
Still I search for something warm
In a world that feels so torn
I've got no hand to hold in the dark...
Just the beating of a broken heart

TRACK 05 OF 12

STILL WALKING ALONE

INTRO

(Instrumental)

VERSE 1

I chased the shape of someone real (someone real)
Through empty rooms and half-felt deals (half-felt deals)
Every face looked almost right (almost right)
But never stayed past one more night (one more night)

PRE-CHORUS

I keep reaching out (reaching out)
But nothing's there (nothing there)

CHORUS

I loved them all in pieces (in pieces)
Never whole (never whole)
Every goodbye keeps teaching me (teaching me)
I'm built alone (alone)
I walk this road for someone true (someone true)
But love never walks it too (walks it too)

POST-CHORUS

Still waiting

VERSE 2

I give my best (my best)
They give a ghost (a ghost)
I stay too long (too long)
Or want it most (want it most)

PRE-CHORUS

I wear the blame (the blame)
Every time (every time)

CHORUS

I open up, they pull away (pull away)
Say the right words, never stay (never stay)
Every promise turns to dust (turns to dust)
Like I'm too much or not enough (not enough)

BRIDGE

Maybe love just passes me
Like I'm something it can't see
I've searched faces, nights, and years
Only finding more of this

BREAKDOWN

I don't fear being alone
I fear always trying

FINAL CHORUS

I carried hearts I couldn't keep (couldn't keep)

TRACK 05 OF 12 (CONT'D)

STILL WALKING ALONE

Bled myself just to feel seen (to feel seen)
If love was coming, it's too late (too late)
I'm tired of the wait (the wait)
I walked this road my whole damn life (whole damn
life)
Still no one standing by my side (by my side)

OUTRO

If love exists, it lost my name

TRACK 06 OF 12

BURIED IN THE COLD AGAIN

VERSE 1

I've been walking through the shadows of the life I
tried to rebuild
Every face becomes a stranger, every promise
unfulfilled
And the nights are getting colder, though I'm
wrapped in my own skin
Still I hunger for a heartbeat, but I can't let anyone in

PRE-CHORUS

Oh, I sink below...
Into the places love won't go...

CHORUS

I keep searching for a flame
But the darkness knows my name
Every chance turns into pain
And I'm buried in the cold again
God, I'm trying to belong
But I'm breaking as I crawl along
I keep searching for a flame...
But the cold is all that came

VERSE 2

All the roads I try to follow seem to circle where I
bleed

Every light becomes a warning, every whisper just a
plea
And the loneliness is constant like a storm I can't
outrun
I've been hoping love would find me, but the battle's
never won

PRE-CHORUS

Oh, I sink below...
Into the cracks I've come to know...

CHORUS

I keep searching for a flame
But the darkness knows my name
Every chance turns into pain
And I'm buried in the cold again
God, I'm trying to belong
But I'm breaking as I crawl along
I keep searching for a flame...
But the cold is all that came

BRIDGE

Pull me upward
From this empty life
I've been dying
Just to feel alive

TRACK 06 OF 12 (CONT'D)

BURIED IN THE COLD AGAIN

Every heartbeat
Feels like sinking stone
Save me... save me...
From the truth I die alone

FINAL CHORUS

I keep searching for a flame
But the darkness knows my name
Every chance turns into pain
And I'm buried in the cold again
God, I'm trying to belong
But I'm breaking as I crawl along
I keep searching for a flame...
But the cold is all that came

TRACK 07 OF 12

PATHS THAT NEVER LEAD TO WARMTH

VERSE 1

I've been dragging through the nights like I'm a ghost
inside my skin

Every door I try to open only locks me out again
All the faces blur together, all the words distort and
fade

And I'm left with only shadows staring back at what
I've made

PRE-CHORUS

Oh, I'm giving in...
To the dark I carry within...

CHORUS

I walk paths that never lead to warmth
Every step just pulls me further north
Into silence where the heart gets numb
Praying love is still to come
But the world keeps shutting every door
And I'm sinking deeper than before
I walk paths that never lead to warmth...
Only places I can't transform

VERSE 2

I've been reaching out for something, but the night
won't let me through

Every whisper turns to frostbite when I try to trust
the truth

And the loneliness is brutal in the corners of the soul
I keep searching for affection, but the world won't fill
the hole

PRE-CHORUS

Oh, I'm giving in...
To the weight beneath my skin...

CHORUS

I walk paths that never lead to warmth
Every step just pulls me further north
Into silence where the heart gets numb
Praying love is still to come
But the world keeps shutting every door
And I'm sinking deeper than before
I walk paths that never lead to warmth...
Only places I can't transform

BRIDGE

Pull me outward
From this dying mind
I've been drowning
Just to feel aligned
All this sorrow

TRACK 07 OF 12 (CONT'D)

PATHS THAT NEVER LEAD TO WARMTH

Keeps me locked inside
Save me... save me...
From the love that never arrives

FINAL CHORUS

I walk paths that never lead to warmth
Every step just pulls me further north
Into silence where the heart gets numb
Praying love is still to come
But the world keeps shutting every door
And I'm sinking deeper than before
I walk paths that never lead to warmth...
And I'm not sure I can go on

TRACK 08 OF 12

THE WEIGHT I CARRY THROUGH THE NIGHT

VERSE 1

I've been walking through the wreckage of the life we
left behind

Every step feels like a burden carved into a fragile
spine

And the wind keeps whispering stories of the things I
couldn't save

I've been dragging all this heartbreak like a chain I
never gave

PRE-CHORUS

Oh, I drown again...

In the places I have never mended...

CHORUS

This is the weight I carry through the night

Every memory still holding me too tight

I've been searching for a spark to ignite

But the world keeps dimming down the light

God, I'm trying not to lose this fight

But the pain won't ever treat me right

This is the weight I carry through the night...

Just trying not to give up life

VERSE 2

I've been reaching out for something just to tell me

I'm still here

But the silence never answers and the hope begins to
disappear

There's a corner of my ribcage where your heartbeat
used to live

Now it's empty as a winter that no warmth will ever
give

PRE-CHORUS

Oh, I drown again...

In all the love I couldn't defend...

CHORUS

This is the weight I carry through the night

Every memory still holding me too tight

I've been searching for a spark to ignite

But the world keeps dimming down the light

God, I'm trying not to lose this fight

But the pain won't ever treat me right

This is the weight I carry through the night...

Just trying not to give up life

BRIDGE

Pull me forward

From the place I break

I've been bleeding

TRACK 08 OF 12 (CONT'D)

THE WEIGHT I CARRY THROUGH THE NIGHT

Just for my own sake
Every moment
Drags me to the floor
Save me... save me...
I can't bear this anymore

FINAL CHORUS

This is the weight I carry through the night
Every memory still holding me too tight
I've been searching for a spark to ignite
But the world keeps dimming down the light
God, I'm trying not to lose this fight
But the pain won't ever treat me right
This is the weight I carry through the night...
And I'm not sure I'll survive the light

TRACK 09 OF 12

WASTED YEARS

INTRO

(Instrumental)

VERSE 1

I carved my name into cheap mistakes
Watched every good thing drift away
Chased the high, ignored the truth
Swore I'd change, but never moved

PRE-CHORUS

Every mirror knows my face
Every night replays the waste

CHORUS

I spent my life on borrowed breath
Trading love for something less
Now I'm digging through the years
All I find is blood and fear

POST-CHORUS

Yeah... I let it slip away

VERSE 2

Friends turned ghosts I couldn't keep
Promises I buried deep
Every road I burned behind
Left me nowhere left to hide

PRE-CHORUS

Told myself I had more time
Turns out time don't wait in line

CHORUS

I spent my life on borrowed breath
Digging holes I couldn't mend
Now I'm staring down the years
Nothing left but guilt and tears

BRIDGE

If I could bleed the past away
I'd still be stained the same
Every choice is carved in bone
Every sin I call my own

BREAKDOWN

This is the sound of what I lost

FINAL CHORUS

I wasted life, I wasted love
Chased the dark, ignored the sun
Now I'm left with all these years
A hollow man drowning in tears

OUTRO

TRACK 09 OF 12 (CONT'D)

WASTED YEARS

If this is all I'll ever be...

Let regret remember me

TRACK 10 OF 12

NOTHING CAME TO SAVE ME

INTRO

(Instrumental)

VERSE 1

I waited for the world to bend (bend)
For something good to finally land (land)
They said hold on, it'll turn around (around)
But every year just pinned me down (down)

PRE-CHORUS

I did my time (did my time)
Nothing came (nothing came)

CHORUS

I screamed for help into the dark (into the dark)
Got silence tearing me apart (tearing me apart)
Every prayer just hit the floor (hit the floor)
Left me worse than I was before (was before)

POST-CHORUS

I was on my own

VERSE 2

I followed rules (followed rules)
I stayed in line (stayed in line)
Watched the promise (promise)
Pass me by (pass me by)

PRE-CHORUS

They said wait (said wait)
I decayed (decayed)

CHORUS

I gave my youth to empty hope (empty hope)
Put my neck inside the rope (inside the rope)
Every dream just learned to lie (learned to lie)
And left me here to rot alive (rot alive)

BRIDGE

I don't believe in signs anymore
Or meaning hiding in the pain
If there was something watching me
It turned its back and walked away

BREAKDOWN

I did everything right
And still lost everything

FINAL CHORUS

You can't betray what never showed (never showed)
Can't break a hand that never held (never held)
I wasn't failed by love or fate (love or fate)
I was forgotten while I waited (while I waited)

TRACK 10 OF 12 (CONT'D)

NOTHING CAME TO SAVE ME

OUTRO

If this is all I get to keep

Then let the silence bury me

TRACK 11 OF 12

WHAT YOU LEFT BEHIND

INTRO

(Instrumental)

VERSE 1

You taught me fear before my name
Hands like threats, breath like blame
Called it love, called it care
Left me standing, nowhere safe

PRE-CHORUS

Every wall remembers you
Every night I'm back there too

CHORUS

You broke me just to feel your power
Fed on me when you felt smaller
Now I wear what you erased
All your sins carved in my face

POST-CHORUS

Yeah... you did this to me

VERSE 2

You smiled sweet, then turned the screw
Made me bleed so you felt true
Every bruise you brushed away
Said I forced you to behave

PRE-CHORUS

I learned quiet before trust
Learned your touch was never just

CHORUS

You drank my fear like it was wine
Crossed every unforgivable line
Now I'm screaming through the years
Trying to kill your voice in here

BRIDGE

I still flinch when doors hit hard
Still feel small in parking lots
You're not here, but you still win
Living rent-free in my skin

BREAKDOWN

I was a child
You were supposed to protect me

FINAL CHORUS

You don't get to own my breath
Don't get credit for my death
I survived what you denied
I'm still standing — you're the crime

TRACK 11 OF 12 (CONT'D)

WHAT YOU LEFT BEHIND

OUTRO

I carry scars you'll never see

But they won't bury me

TRACK 12 OF 12

WHAT I NEVER GOT TO SAY

INTRO

(Instrumental)

VERSE 1

I'm standing over dirt and stone (dirt and stone)
Talking to a name, not a soul (not a soul)
You can't hit me anymore (anymore)
But my hands still shake like before (like before)

PRE-CHORUS

You broke me young (broke me young)
Called it love (called it love)

CHORUS

You made me feel like I was trash (I was trash)
Like pain was all I had to have (had to have)
Every bruise, every word (every word)
Taught me I was never worth (never worth)

POST-CHORUS

I learned it from you

VERSE 2

You trained my fear (trained my fear)
Fed my shame (fed my shame)
Hands that hurt (hands that hurt)
And a mouth that blamed (that blamed)

PRE-CHORUS

I don't know safe (know safe)
I know survive (survive)

CHORUS

Every lover paid your debt (paid your debt)
For damage you never said (never said)
They reached for me, I pushed away (pushed away)
Because that's how you taught me to stay (taught me to stay)

BRIDGE

I hear you when I raise my voice
Feel you when I ruin choice
They never beat me down like you
But I bleed on them like I'm supposed to

BREAKDOWN

I was a child
You made me feel like garbage

FINAL CHORUS

Now you're silent in the ground (in the ground)
But your damage's still around (still around)
I'm choking on the life you bent (life you bent)
Trying to unlearn what you meant (you meant)

TRACK 12 OF 12 (CONT'D)

WHAT I NEVER GOT TO SAY

OUTRO

I came here angry, not to pray

Just to say what you never let me say



COLD MARROW

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