

# Pro-Pain, Down in Flames

Deep in the minds of us all is a need or a call  
To adjust and release  
You bury the past and you know it will last  
But it kills you just like a disease  
Cope with the pain just to drive you insane  
As you think of an easy way out  
But you stop to a drink and you think to yourself

"And so this is what life is about?"

Oh, help is on it's way  
Got the power to pull you through  
Gonna take a big commitment, boy  
When it's puttin' the hurt on you  
Got the strength to lift you up  
And get your feet back on that ground  
Only you gotta save yourself  
Cause they're lookin' to shoot you down

Stuck in a daze like a rat in the maze  
And they don't give a fuck how you feel  
Misunderstood but you did what you could  
Now you're falling asleep at the wheel  
Death has begun, so you turn and you run  
And you give it your best but you fall  
So you live for the day with a will and a way  
But you're caught with your back to the wall

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In flames!!!