

## **Eken Is Dead "Shackled"**

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The alarm goes off  
I wake up, I hurt  
My body is sore from normalcy  
I fight the cycle again today  
I won't let this feeling run my life  
And tell me when the time is right

Anxiety grabs a hold of my body  
It is the captain of this ship  
My mind gets pulled out to see once again  
As pirates steal the wind from my sails

I will not be still  
I can't, I won't  
Cardiac arrhythmia makes my decision tough  
A repetitive slide show flickers in my head  
Hi and low-lights spoken by the internal announcer

Anxiety grabs a hold of my body  
It is the captain of this ship  
My mind gets pulled out to see once again  
As pirates steal the wind from my sails

I can't take this, I need to run my life  
I'm shackled by my own anxiety, I can't take this  
Every decision to be criticized, every move well-planned  
My delight and despair go hand in hand  
Anxiety keeps me from doing what I need to do  
I continue to fight it, so I can pull through  
Today I'm going to do what I want so get out of my way  
My heart will win this battle and will make you pay  
I'd rather come up short that not even try  
You only have voice life until you die!  
I'd rather come up short that not even try  
You only have one life until you die!

Anxiety releases control of my body  
I am the captain of this ship  
My mind gets pulled out to sea once again  
As I steal the wind from the pirate's sails

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