The echo of shame, the voice inside my head, The need for love, the insecurity.

Cutting me down, to the fourteen year old girl, The Father Figure criticizing me.

Go on - through the darkest night, Cause I know inside the answer's here in me.

There's blood on my soul, for speaking out my pain, Perpetuating hurt in family.

My mother in me - I cannot explain,

My need for love from her will never wane.

Go on - through the darkest night,
Cause I know inside the answer's here in me.
Go on - the shadowboxing fight
Disappears when all the music's here in me.
Like an oracle the music's here in me.
And I thank you God for music here in me.

Go on - through the darkest night,
Cause I know inside the answer's here in me
Go on - the shadowboxing fight
And I'll heal with understanding,
And I'll deal with patient loving,
And I'll make it cause the music's here in me.