

ONE

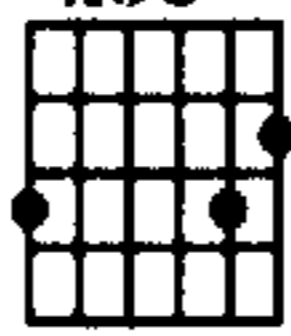
Words and Music by
James Hetfield and Lars Ulrich

Moderately

Bm



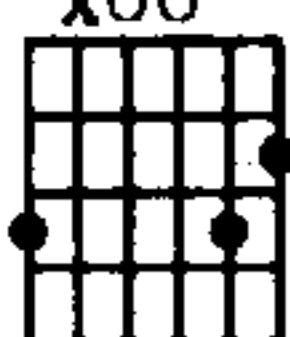
Gmaj7(no3rd)



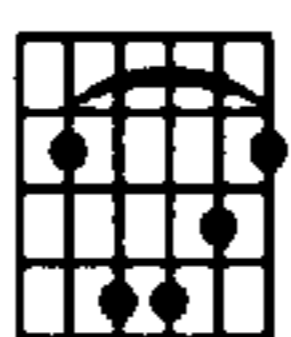
Bm



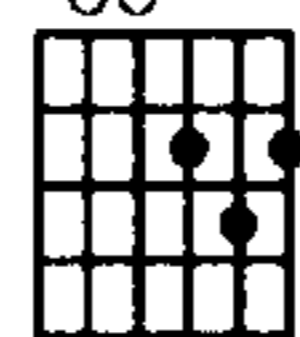
Gmaj7(no3rd)



Bm



D/A



Gmaj7(no3rd)



1.

N.C.

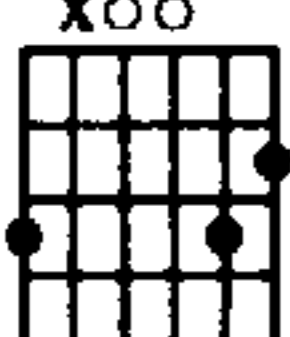
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N.C.

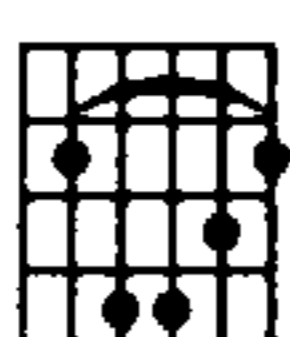
Bm



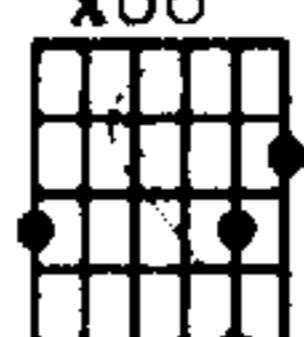
Gmaj7(no3rd)



Bm



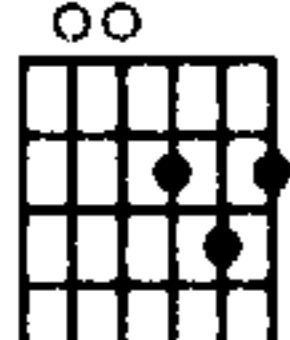
Gmaj7(no3rd)



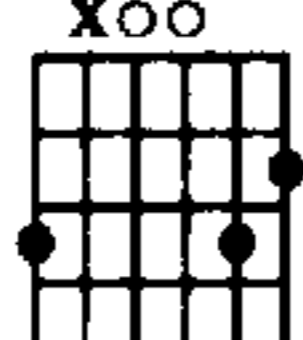
Bm



D/A



Gmaj7(no3rd)



N.C.

D G 1. F

Musical notation for the first system, including guitar chords D, G, and F, and piano accompaniment with a triplet.

Em 2. F Em

Musical notation for the second system, including guitar chords Em, F, and Em, and piano accompaniment.

Bm Gmaj7(no3rd) Bm

I can't re - mem - ber an - y - thing, — can't tell if this is
 Back in the womb it's much too real, — in pumps - life that

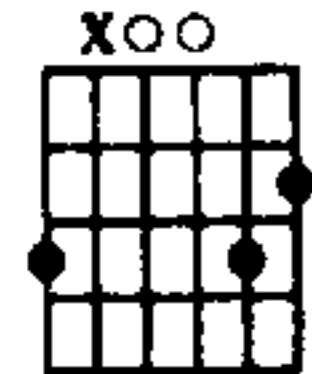
Musical notation for the third system, including guitar chords Bm, Gmaj7(no3rd), and Bm, and piano accompaniment.

Gmaj7(no3rd) Bm D/A

true or — dream. Deep down in - side I feel to scream, —
 I must — feel, but can't look — for - ward to re - veal, —

Musical notation for the fourth system, including guitar chords Gmaj7(no3rd), Bm, and D/A, and piano accompaniment.

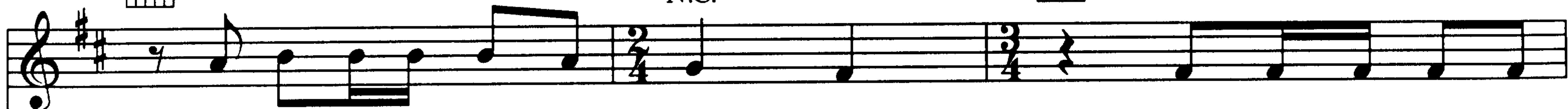
Gmaj7(no3rd)



Bm



N.C.

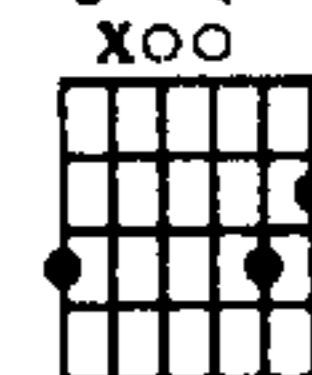


this ter - ri - ble si - lence stops me.
look to the time when I'll live.

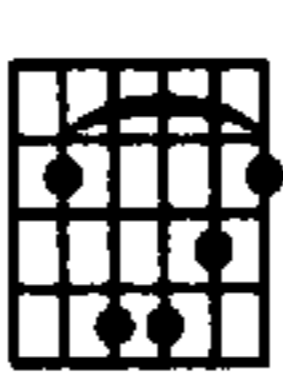
Now that the war is
Fed through the tube that



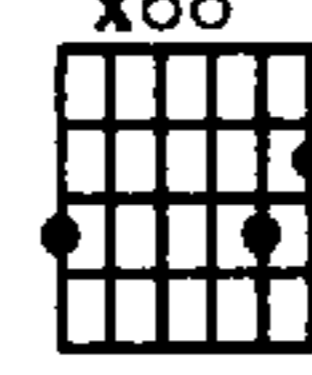
Gmaj7(no3rd)



Bm



Gmaj7(no3rd)

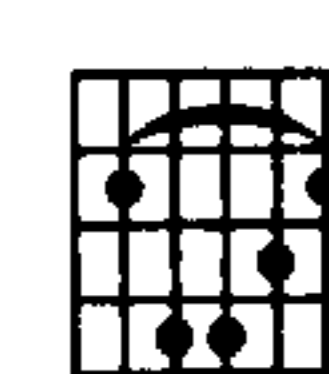


through with me,—
sticks in me,—

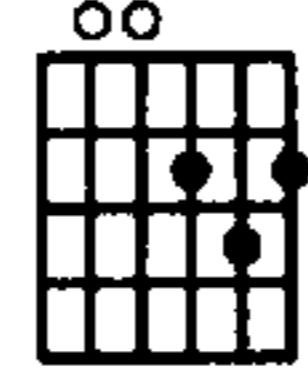
I'm wak - ing up I can - not — see
just like a war - time nov - el - ty;



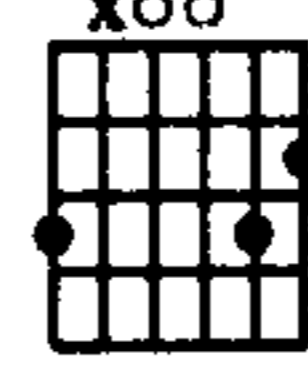
Bm



D/A



Gmaj7(no3rd)

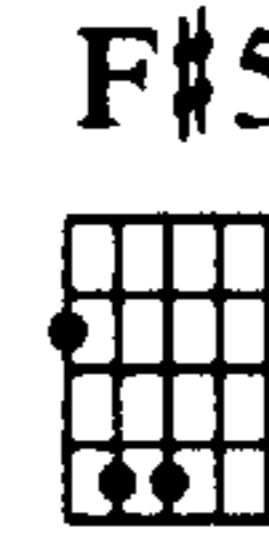
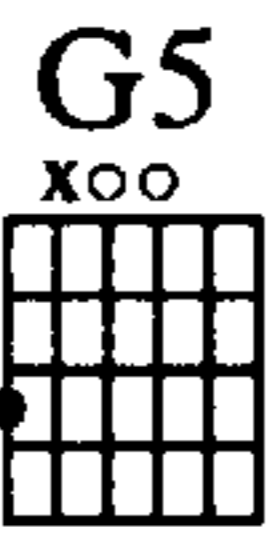
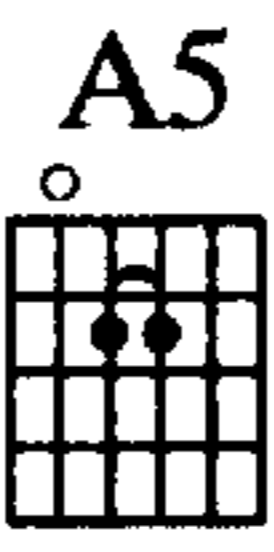
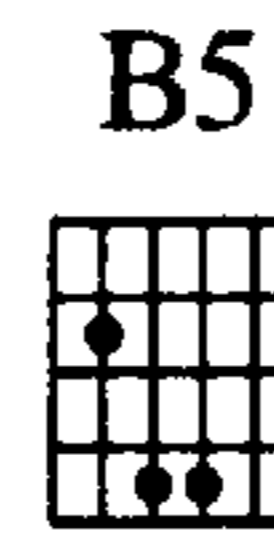
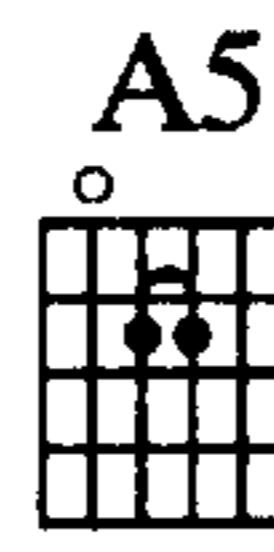
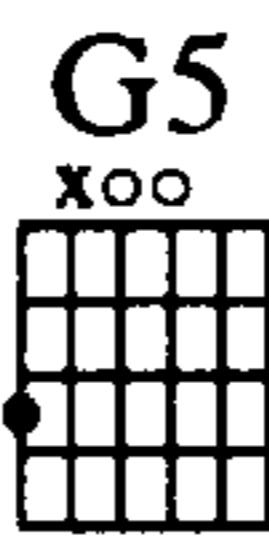


that there's not much left to me.—
tied to ma - chines that make me be.—

Noth - ing is real but
Cut this— life off



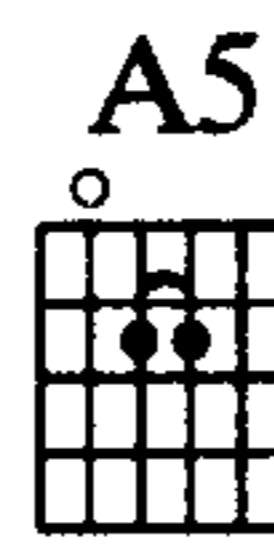
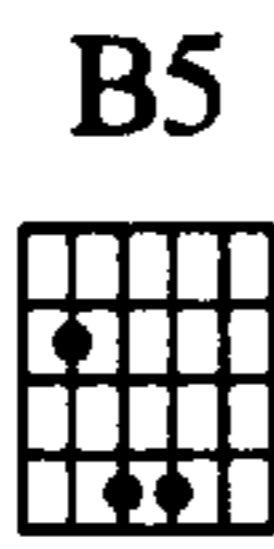
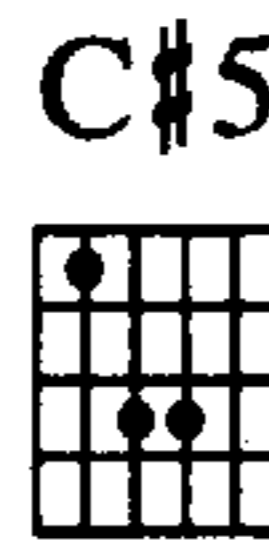
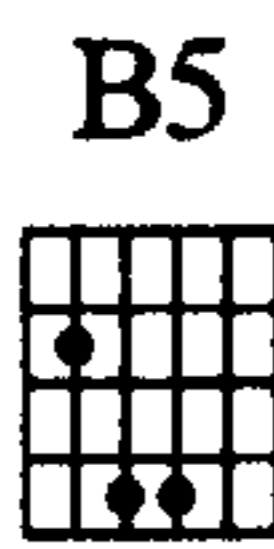
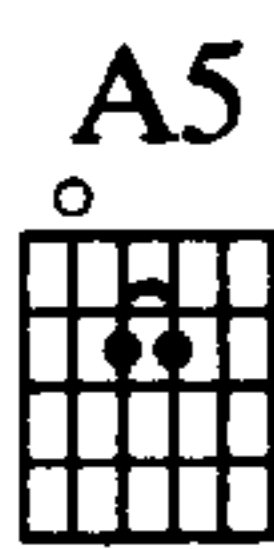
N.C.



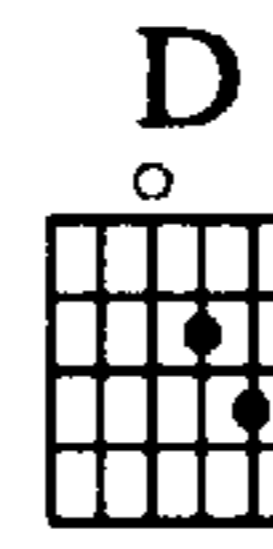
Musical staff with treble clef, key signature of two sharps (F# and C#), and 2/4 time signature. The melody consists of quarter and eighth notes.

pain from now! } Hold my breath as I wish for death._

Piano accompaniment for the first system, showing both treble and bass clefs. The bass line features a 7th fret barre.



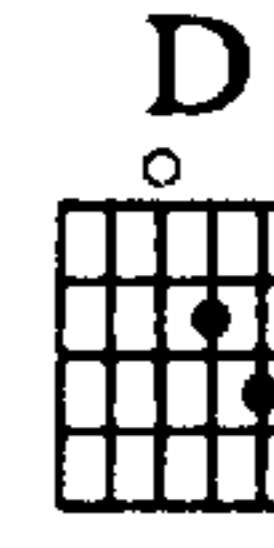
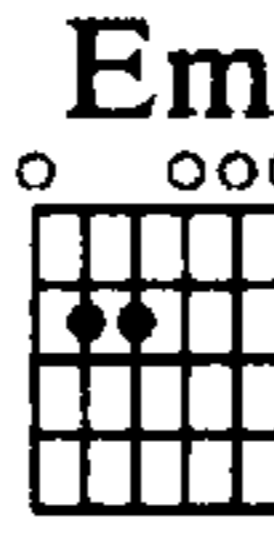
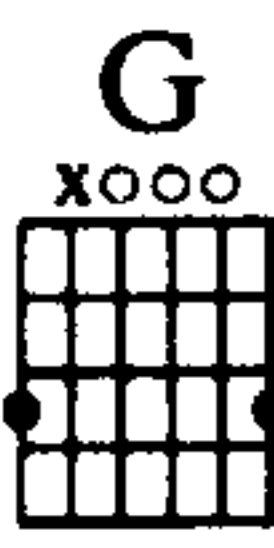
N.C.



Musical staff with treble clef, key signature of two sharps, and 3/4 time signature. The melody is a single note held across the measure.

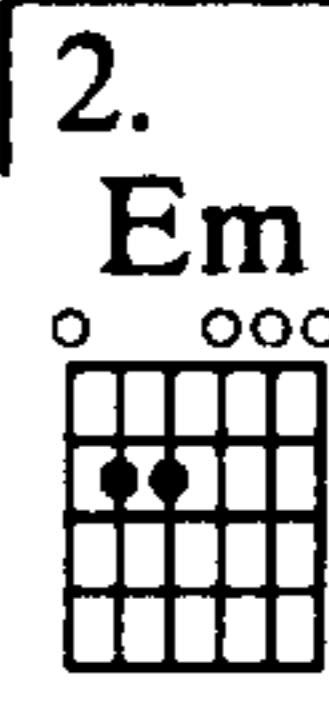
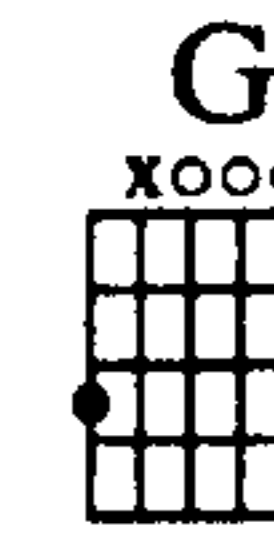
Oh please God, wake me!_

Piano accompaniment for the second system, showing both treble and bass clefs.



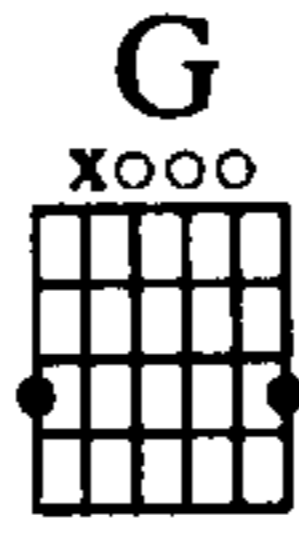
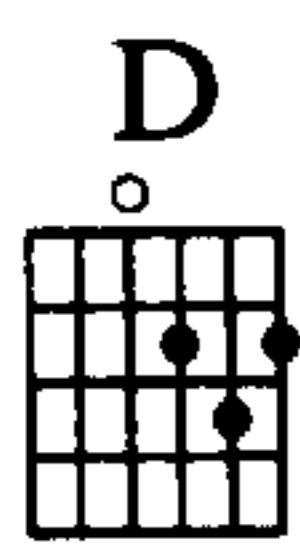
Musical staff with treble clef, key signature of two sharps, and 3/4 time signature. The melody consists of a single note held across the measure.

Piano accompaniment for the third system, showing both treble and bass clefs. A triplet of eighth notes is marked in the treble clef.

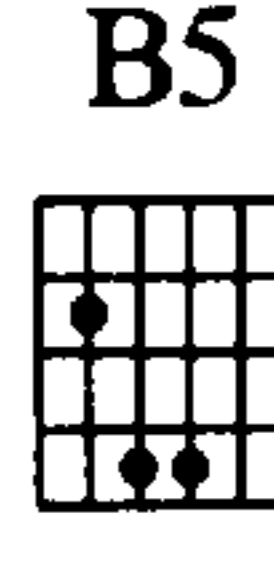
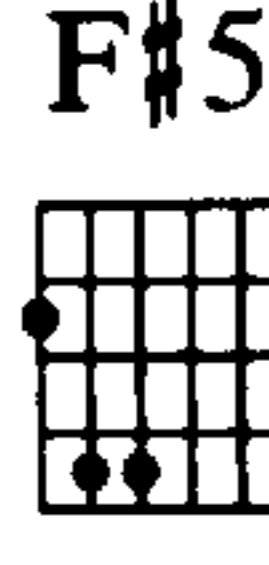
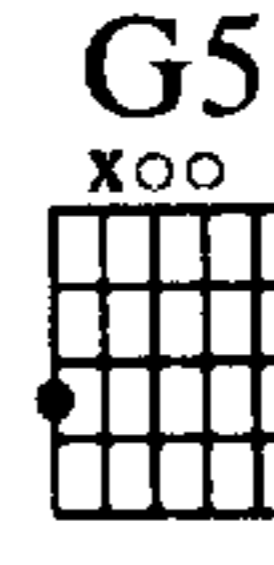
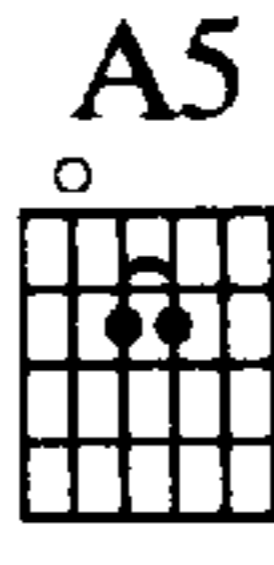
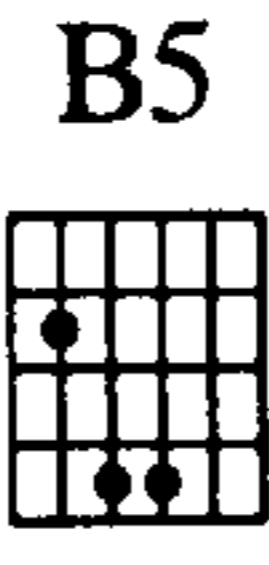
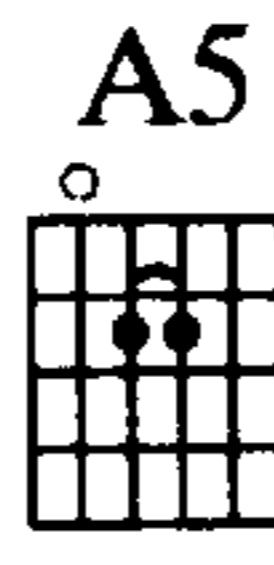
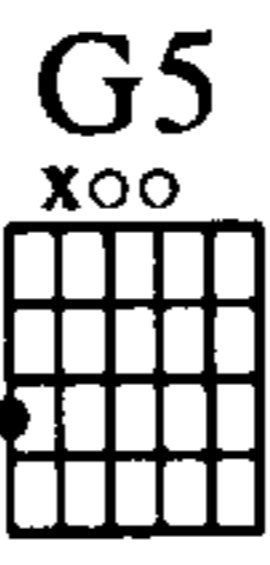
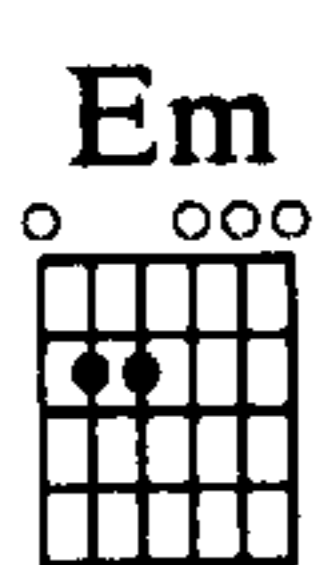


Musical staff with treble clef, key signature of two sharps, and 3/4 time signature. The melody consists of a single note held across the measure.

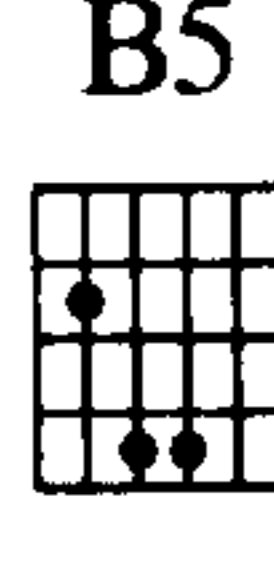
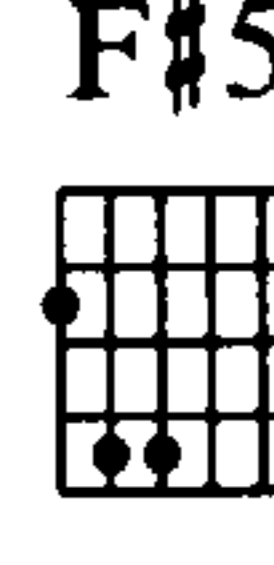
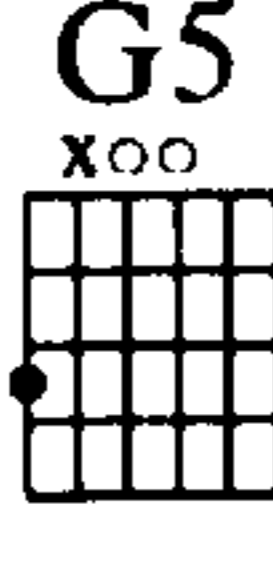
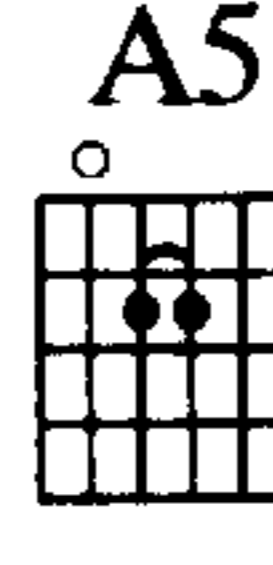
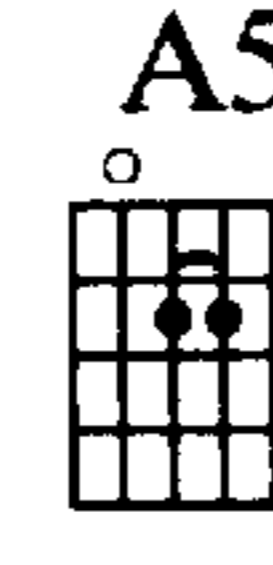
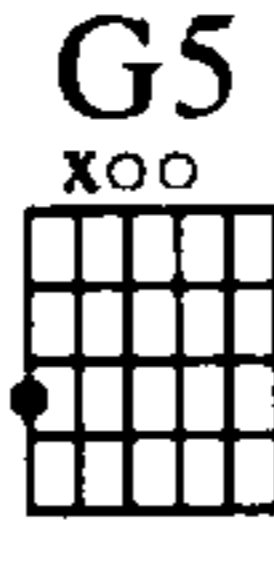
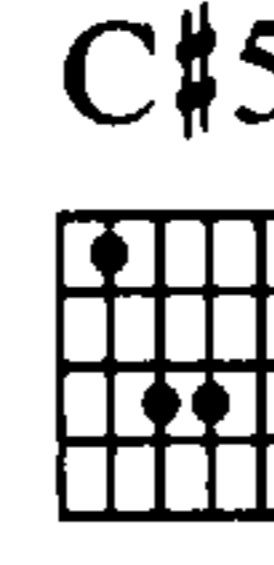
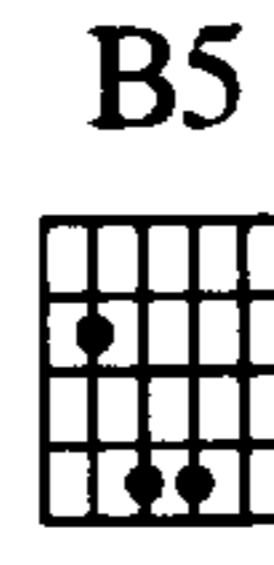
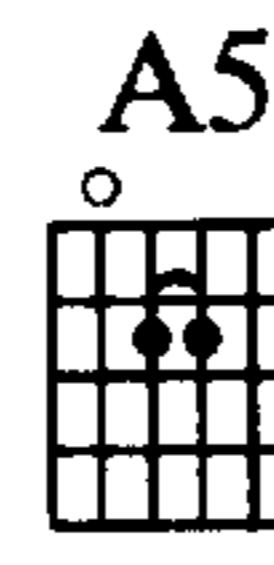
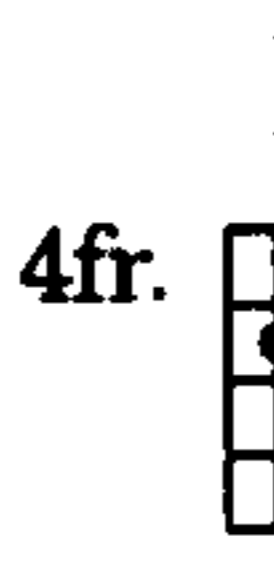
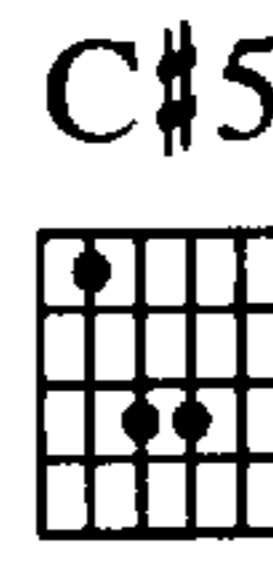
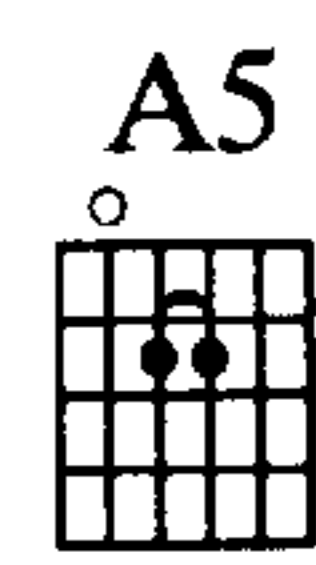
Piano accompaniment for the fourth system, showing both treble and bass clefs. A triplet of eighth notes is marked in the treble clef.



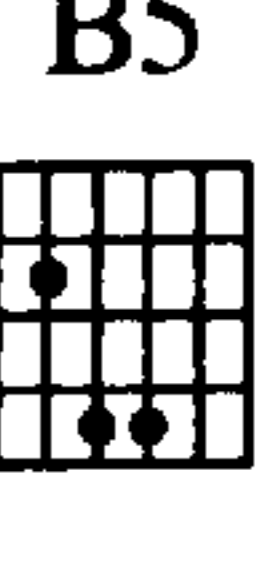
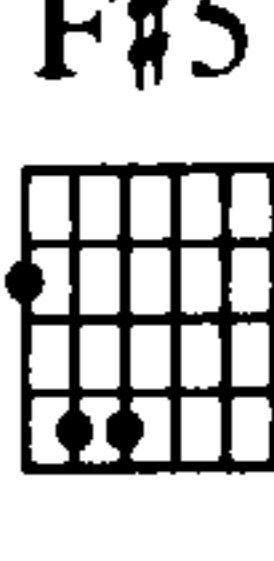
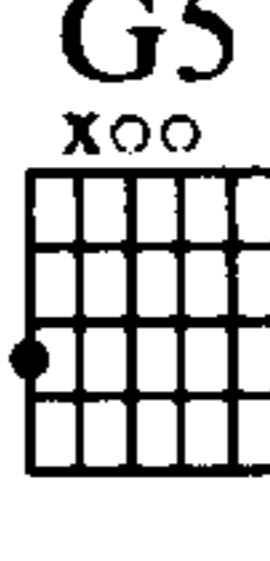
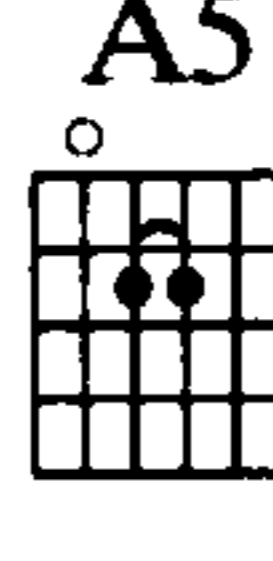
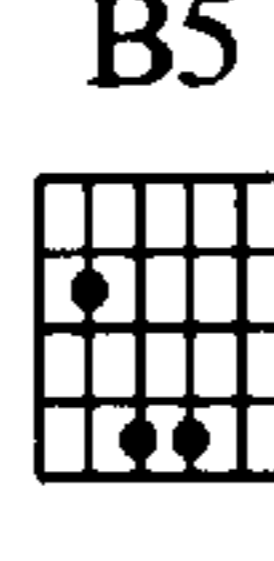
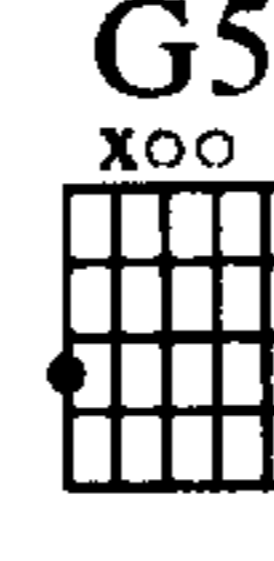
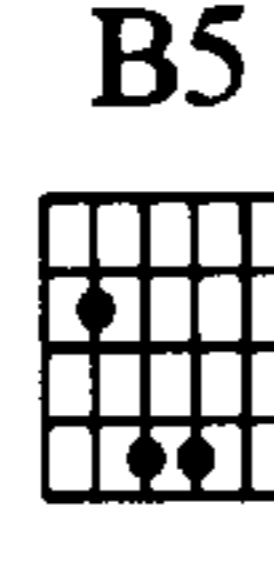
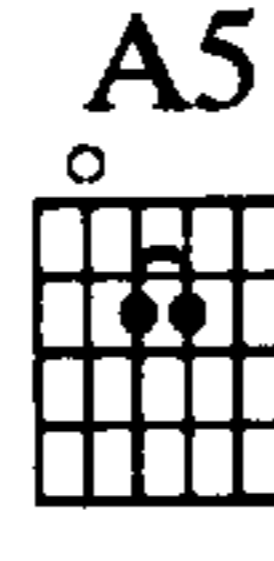
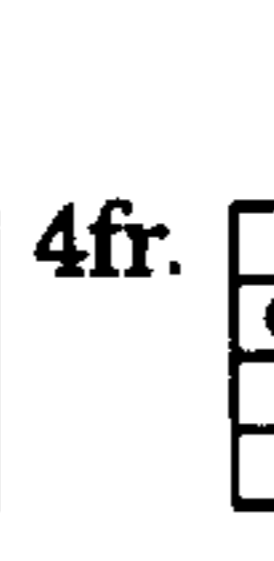
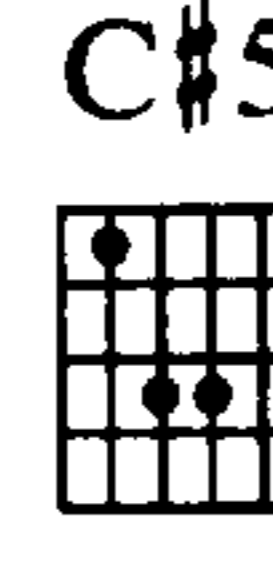
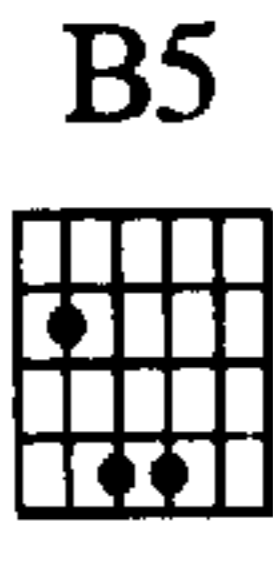
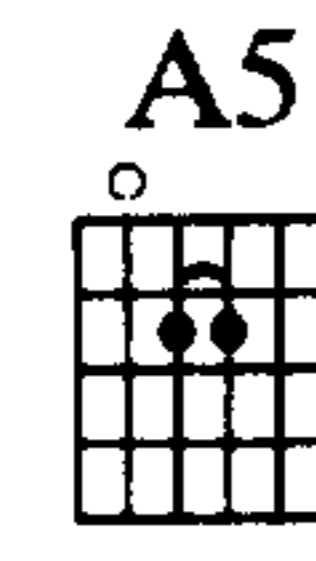
Musical notation for the first system, including a treble clef staff with a key signature of two sharps (F# and C#) and a grand staff with piano accompaniment. A triplet of eighth notes is marked with a bracket and the number 3.



Musical notation for the second system, including a treble clef staff with lyrics and a grand staff with piano accompaniment. The lyrics are: "Now the world is gone, I'm just one.—"

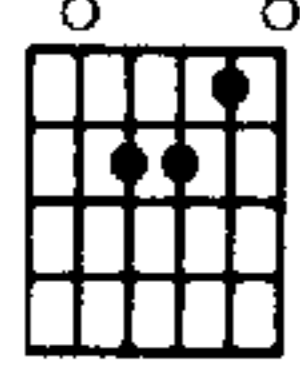


Musical notation for the third system, including a treble clef staff with lyrics and a grand staff with piano accompaniment. The lyrics are: "— Oh God, help me. Hold my breath as I wish for death.—"

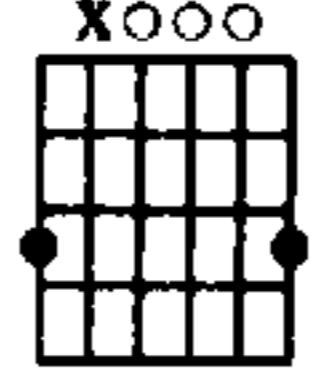


Musical notation for the fourth system, including a treble clef staff with lyrics and a grand staff with piano accompaniment. The lyrics are: "— Oh please God, help me!"

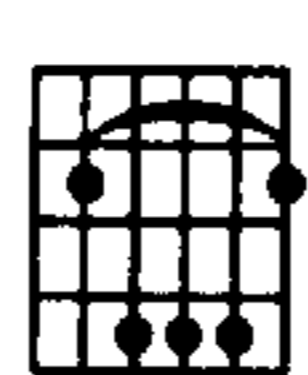
Am



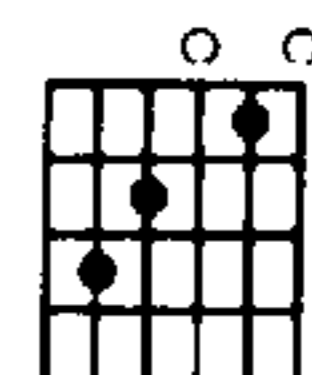
G



B



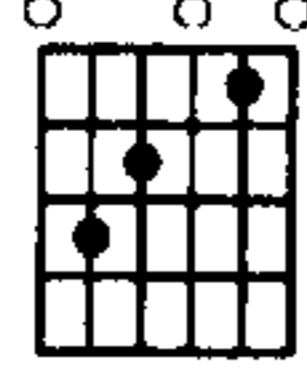
C



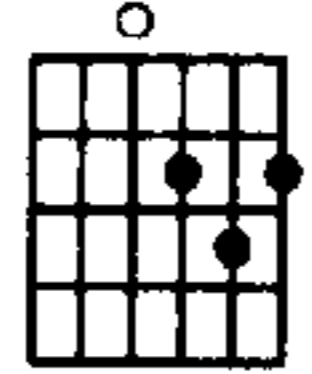
Play 4 times

The first system of music consists of a guitar staff and a piano staff. The guitar staff has a treble clef, a key signature of one sharp (F#), and a 3/4 time signature. It contains four measures of whole rests, with a repeat sign at the end. The piano staff has a grand staff (treble and bass clefs), a key signature of one sharp, and a 3/4 time signature. It contains four measures of music: the first measure has a dotted quarter note in the bass clef and a quarter note in the treble clef; the second measure has a quarter note in the bass clef and a dotted quarter note in the treble clef; the third measure has a quarter note in the bass clef and a dotted quarter note in the treble clef; the fourth measure has a quarter note in the bass clef and a dotted quarter note in the treble clef. A repeat sign is at the end of the piano staff.

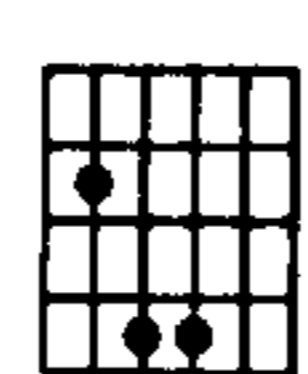
C/E



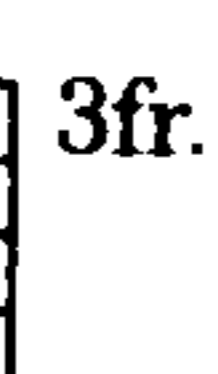
D



B5



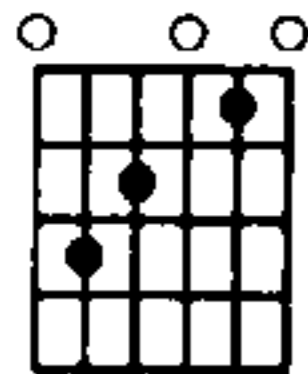
C5



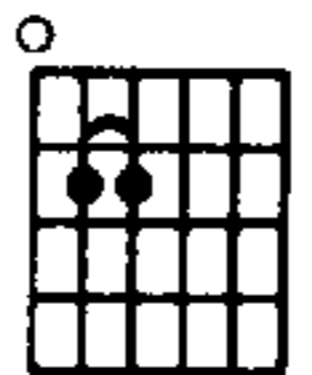
3fr.

The second system of music consists of a guitar staff and a piano staff. The guitar staff has a treble clef, a key signature of one sharp, and a 4/4 time signature. It contains four measures of whole rests, with a repeat sign at the end. The piano staff has a grand staff, a key signature of one sharp, and a 4/4 time signature. It contains four measures of music: the first measure has a dotted quarter note in the bass clef and a quarter note in the treble clef; the second measure has a dotted quarter note in the bass clef and a quarter note in the treble clef; the third measure has a dotted quarter note in the bass clef and a quarter note in the treble clef; the fourth measure has a dotted quarter note in the bass clef and a quarter note in the treble clef. A repeat sign is at the end of the piano staff.

C/E



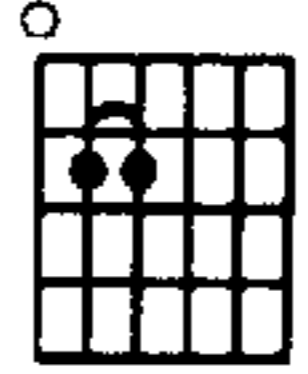
E5



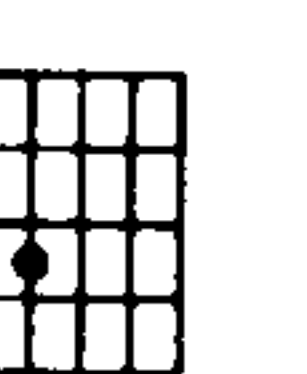
The third system of music consists of a guitar staff and a piano staff. The guitar staff has a treble clef, a key signature of one sharp, and a 4/4 time signature. It contains four measures of whole rests, with a repeat sign at the end. The piano staff has a grand staff, a key signature of one sharp, and a 4/4 time signature. It contains four measures of music: the first measure has a dotted quarter note in the bass clef and a quarter note in the treble clef; the second measure has a dotted quarter note in the bass clef and a quarter note in the treble clef; the third measure has a dotted quarter note in the bass clef and a quarter note in the treble clef; the fourth measure has a dotted quarter note in the bass clef and a quarter note in the treble clef. A repeat sign is at the end of the piano staff.

Play 5 times

E5



F5



The fourth system of music consists of a guitar staff and a piano staff. The guitar staff has a treble clef, a key signature of one sharp, and a 4/4 time signature. It contains four measures of whole rests, with a repeat sign at the end. The piano staff has a grand staff, a key signature of one sharp, and a 4/4 time signature. It contains four measures of music: the first measure has a dotted quarter note in the bass clef and a quarter note in the treble clef; the second measure has a dotted quarter note in the bass clef and a quarter note in the treble clef; the third measure has a dotted quarter note in the bass clef and a quarter note in the treble clef; the fourth measure has a dotted quarter note in the bass clef and a quarter note in the treble clef. A repeat sign is at the end of the piano staff.

E5



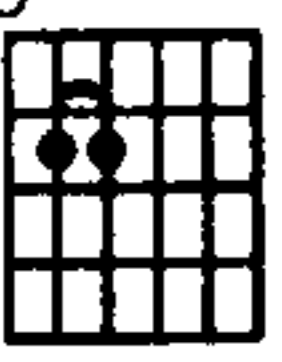
F5



Dark - ness im - pris - on - ing me, all that I see, ab - so - lute hor - ror!
Land - mine has tak - en my sight, tak - en my speech, tak - en my hear - ing,



E5



F5

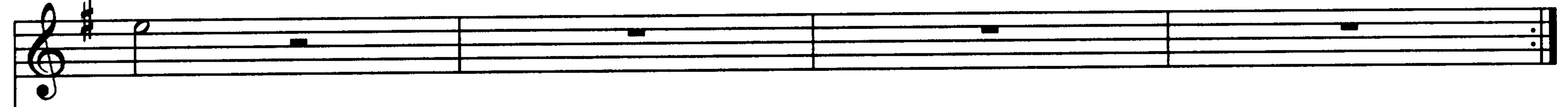


I can - not live! I can - not die! Trapped in my - self, bod - y my hold - ing
tak - en my arms, tak - en my legs, tak - en my soul, left me with life in



1.

N.C.

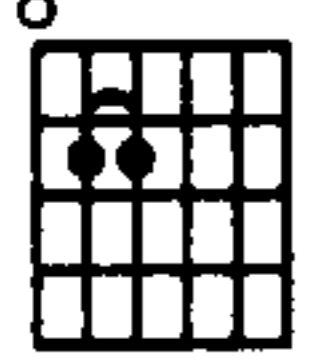


cell!

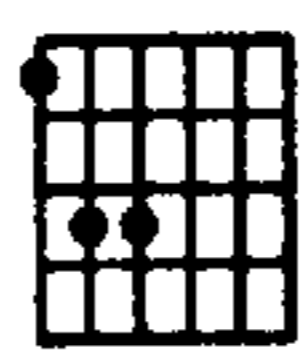


2.

E5



F5



E5



F5



E5



hell! _____

