

# Ritual (Spoken Protest)

## Downset

Do you know what it is like to run?  
Do you know what it is like to live in fear?  
Do you know what it is like to run?  
Do you know what it is like to live in fear?'Cause she knows what it's like to run  
She knows what it's like to live in fear  
Because she knows what it's like to run Rape ritual  
How can I stand in silence while you are raping my sister?  
Ritual  
I said I'll throw you in the wind because I ain't with that Say what have we done to mother, sister, daughter,  
lover?  
Beat them down to submission, into that corner of constant fear  
Humanity reduced to a sexual commodity, objectification  
Pretty faces, molded imagery Damn they drop the dirty mack demands  
She's more than booty to me, bypass her sexuality  
Tradition, your sexism is what you want me to learn, surrender  
Gender hatred, fade it to kill it, compassion returns One out of three and they say my sisters are free  
Incarcerated by hatred, propagated by sodomy  
Continual ritual victimizing my sister  
Physical rape is psychological murder Ritual  
How can I stand in silence while you are raping my sister?  
Ritual  
I said I'll throw you in the wind because I ain't with that Ritual  
How can I stand in silence while you are tearing?  
Rape ritual Jenny, ho, slut, trick, bitch, buddy  
Terms that burn in our popular brutality  
That media camera's at you, trying to show you what's up  
Illusion magazine fantasy got you feinding to bust a nut Body identity suffocates in her nudity, she's dying inside  
Fashions asking won't let her be, strip her to flesh  
For apathetic male ego, you bet the set ain't down with your wak  
Rape ritual We got to meet this hate with love  
We got to meet this hatred with love  
Why do we fall for it, fuel it  
Sexual violence equality? Please, so-called alternative movement  
Statistics never confess her wounded aloneness  
Internal inferno locked away calm diminishment  
Sharon stone, you ain't all of that, Madonna, you ain't all of that Sell you shallow shock value charade is wak  
Sister, put a fist in what's expected of you  
Deny, defy, reject false definition of you too  
There's no excuse for this brutality or this lack of humanity Rape ritual

How can I stand in silence while you are raping my sister?

Ritual

I said I'll throw you in the wind because I ain't with that Ritual

How can I stand in silence while you are tearing?

Rape ritual I say that I'll throw you into the wind

Say that I throw you [Incomprehensible]

I say your traditions mean nothing to me

Songwriters

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