Ebb & Flow

The Blacksoil Project

It's been hard for me to connect and even write down what i'm feeling
cause i can't understand with what it is i'm dealing
this whole world of suppressed emotions,
joy and pain,
it covers everything, my sunshine and my rain.
its been a long time man
i miss you still
but i try to make the pain heal
but i know it never will
cause every time i look in the mirror, pops
i see your face
i see your hands when i tie my little son's shoelace
i even hear your laugh when i listen to myself
that's why i rarely ever listen to myself
if only i had known what was about to go down
you know aint no way in the world i woulda acted a clown
you see, cause now its hindsight
and i know you in a better place
but still
i'd give anything just to see your face
just to talk with you and share with you my life
would you believe i got married, i gotta wife
and she's given me the most beautiful seeds you can imagine
and i aint playin ball now pops man im rappin
and god has blessed me
i've traveled round this whole planet
i finally understand that taking things for granted
is foolishness and arrogance that i cant afford
so i put pen to the paper, made this track and pushed record
cause i gotta help all my little children understand
that time keeps slipping like the hourglass sands
and the people that you love
you got to let em know
cause the tide is going out
its the ebb and the flow, man
the people that you love
you got to let em know
cause the tide is going out
its the ebb and the flow

see, we're here for a while like the tide then we leave
its the ebb and the flow we rejoice and we grieve
it's the ebb and the flow
the circle of life
those ones here today they could be gone tonight
we're here for a while like the tide then we leave
its the ebb and the flow we rejoice and we grieve
its the ebb and the flow
the circle of life
those ones here today they could be gone tonight
man, i remember you waking us up at 4am for fishing trips
and taking us to Frost House for root beer sips
i remember thinking that i was too old to kiss you on your lips
and giggling that time i saw your hands on mommas hips
you taught me how to shoot a ball
how to swing a bat
priceless memories pops, thank you so much for that
i also thank you for administering discipline
man your words sunk even when i thought i wasn't listenin
see, i found myself saying all those things you said
when one of my little shorties wanna play the hard head
i guess the fruit don't fall very far from the tree
and things i couldn't understand anymore, now i can see
like the love and the passion of a parent for his kid
you cant measure that by the things that parents did
or didn't do
whichever the case might be
respect for our elders can never be taken lightly
now i've escaped from the agony of questions i could'nt answer
to the agony of answers that i couldn't escape
man i couldn't escape
and when you died i felt the weight
till my life without you i just couldn't relate
but the universal laws you can never overthrow
plus it demands from every man that what you reap is what you sow
that's why the people that you love
you got to let em know
cause even though the waters high we are all in the undertow
see we're here for a while like the tide then we leave
its the ebb and the flow we rejoice and we grieve
its the ebb and the flow
the circle of life
those ones here today they could be gone tonight
your here for a while like the tide then you leave
its the ebb and the flow

you rejoice and you grieve
its the ebb and the flow
the circle of life
those ones here today they could be gone tonight
they could be gone tonight
they could be gone tonight
they could be gone tonight
before you look around they could be gone tonight
see we're here for a while like the tide then we leave
its the ebb and the flow
we rejoice and we grieve
its the ebb and the flow
the circle of life
those ones here to day they could be gone tonight
your here for a while like the tide then you leave
its the ebb and the flow
you rejoice and you grieve
its the ebb and the flow
the circle of life
those ones here today they could be gone tonight
then you leave
you rejoice and you grieve
the circle of life
they could be gone tonight
the circle of life
they could be gone tonight

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