Don't Stop, Spread the Jam

Infectious Grooves

Conversations that no one's supposed to hear
My thoughts are hazy, but the weather says it's clear
Please don't confuse what was said with what you heard
Destroy the meaning to the point of the absurdOh it's a thought, full of rot
Take what you got, it hits the spot
So you can be all that you can
Oh it's a trip, so unhip
Watch out don't slip, give it some zip
And put some action to your plan!
Don't stop, spread the jam!Oh it's your pick, call it sick
But make it click, and watch it stick
Just make sure you understand
Go on attack, don't look back
You cannot lack, break from the pack
Get your head out of the sand!
Don't stop, spread the jam!Looking thru the reflection in the mirror
An inspiration for the failure that looms near
Pollute the principle, distort the truth and find
Take one step further, and you're still three steps behindDon't stop, you gotta spread the jam!Slip out the door
but don't lock it, you will return
It is not the action but from the thought you will learn
Pay attention...pay the price, then count your change
Flip flop the average, what was normal now is strangeDon't stop, spread the jam!Oh it's a thought, full of rot
Take what you got, it hits the spot
So you can be all that you can
Oh it's a trip, so unhip
Watch out don't slip, give it some zip
And put some action to your plan!
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Get your head out of the sand!
Don't stop, spread the jam!

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