Pain Body

Souleye

Verse
No matter how dark the clouds get
No hope and nothing left â€¨And during day time all I think
About are the dreams that I had the night before
Missing the whole day struggling to sleep
And when I do I'm finally back in it
There they are I know you hear me
We are one good for you what about all of us
Everyone way before we where born
I'm talking prehistoric way before
The little engine that could
And did and wanted more
Before the ego belittled delivering
Better then worse then
Before there was a difference
Between you and any other
I'm talking way back
When there was only the moment
And categories, labels and bullying
Where not the in thing no punishing
Back before Kings even existed
What really mattered was supporting one another
Verse
Waking up on the wrong side of the bed
I tried to wake and bake to ease my head
Relive that tension and remove my stress
Yet to no avail I felt trapped in the wallowing
The walls where caving in on my day
I thought I'd hit the gym
And shake this mood
Maybe it's my blood sugar
And I need some food
I went to therapy at three
To see if that may work
I called my BFF
But he was out to lunch
I put on music read a book
But nothing seemed to help
I closed my eyes thought that I'd

Meditate for minute
See if that may elevate the Pain
That I'm feeling
Curious to find out
Why I feel like this
Maybe it's my vibration
And my consciousness
If I change my thoughts
Will it help fix this
Emotion that I think is a problem
Song Discussions is protected by U.S. Patent 9401941. Other patents pending.

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