

Might seven billion people  
be considered overpopulation?  
How can we have  
all-you-can-eat buffets  
AND sufferers of starvation?

#### (4) OBAMAFICATION

America wants change  
Not the rhetoric of change:

Yes we can  
But we didn't  
See sometimes  
The truth is hidden

Sure some words  
Were surely spoken  
The needle's stuck  
Record is broken

Yes we can...  
Yes we can...  
Yes we can...

The rhetoric  
Just keeps getting repeated  
Information  
Guess we don't need it

Pick a war hero  
Or a good neighbor  
Suffer sooner or  
Suffer later

Yes we can...  
Yes we can...  
Yes we can...

#### (5) SHADOW BOXING

Maids in the morning sweeping up broken glass  
Long lost dreams of a shattered past  
As a cup full of life is spilled to the floor  
A man who once had riches now lives poor

Walking down the spiral staircase that is my mind  
Passing all the memories that I've left behind  
See the same things enough soon you'll grow blind  
Be careful of what doors you open and what you will find

Some patterns are so hard to break they end up breaking you  
Anyone who's ever worn these shoes knows this is true  
See enough dope and you're bound to give it a try  
See murders every day and pretty soon you won't cry

There's blood on the sidewalk  
The scent of death in the air  
Yet you stroll right past  
While others stop and stare

Some men live long and some die young  
Some carry heavy burdens, some carry none  
When you're shadow boxing you sometimes bruise  
When you fight yourself sometimes you lose

#### (6) PICTURE SOMETHING NICE

Homeless man in the alley  
He's paying his dues  
While he was sleeping  
The children took his shoes

When he wakes up  
He looks so confused  
His pride is hurt  
What's left of his ego is bruised

Yeah, every hour  
of every day  
The faces change  
But the story's the same

You live it, you breathe it  
You hear it, you see it  
You learn to accept it  
And soon you expect it

Just as the sun rises  
Just as the moon shines bright  
There's no need to worry  
You're doing all right

Don't pay attention  
Just walk on by  
Picture something nice  
Don't you bat an eye

It's not your problem  
Someone else will solve it  
It's not your problem  
Someone else will fix it

You just leave the worrying to me  
I'll worry about the way thing ought to be  
It's not your problem  
So go on and make your exit

You think that you're perfect?  
In everything you say  
In everything you do  
Some say what you don't know  
Cannot hurt you  
And you believe it to be true

Oh, but the price you will pay  
You will find out some day  
That day maybe today  
Or could still be far away

So you better keep on your toes  
Because there is something  
That everybody knows  
Inside there's a monster that grows  
Beneath your pretty clothes

A vanity affair  
But there is no one else there  
You're only cheating yourself

A vanity affair  
Either make amends  
Or keep playing pretend  
You're only cheating yourself

When you think you win  
Then you really lose  
So either apply some more makeup  
Or think of changing your shoes

A vanity affair  
You're not just cheating yourself  
You're dragging down  
Everybody else

(7) CALL IT FATE  
Birds circle around your home  
Say it one more time...  
Why won't they leave you alone?  
They flap their wings from side to side  
But from Mother Nature no man can hide

Being punished for crimes --  
Well, that may be  
For crimes against humanity  
Just when you thought  
There was no one to see

Now you look at your life  
And who is to blame?  
You can call it fate  
You can call it a shame

As your family boasts:  
"You're in the prime of your life"  
You go under the doctor's knife

For cancer has no name or face  
Unfortunately for you it's too late  
Enter the hospital a dying life  
Exit the church a crying wife

Now you look at your death  
Pondering who is to blame?  
You can call it fate  
You can call it a shame

In the next room of the hospital  
Is a mother's joy  
The prize of a life - a baby boy

The parents counted the fingers  
Then the parents counted the toes  
But what's in the soul nobody really knows

Food, love and shelter - baby got his fill  
So no one knows why he grew to kill

You can look at their deaths  
And who they blame  
You can call it fate  
You can call it a shame

A man dresses in the mirror  
As he flashes a smile  
In a two-thousand dollar suit  
He'll wear at the trial

He asks the judge to cut his client a break  
Starts preaching about  
How we all make mistakes

The judge, on these words, reduces bail  
Keeps a guilty man away from jail

His freedom is gained but what's been lost?  
Will he do it again?  
They keep their fingers crossed

#### (8) PARDON ME

I just got a pardon from the president  
Because I did not admit  
to what I knew they'd submit as evidence  
And I just made a friend  
who will do what it takes  
And be there to the end  
or at least until he fixes mistakes  
I think we may have just set a new precedence

Since it is so clearly evident  
That politics is no place for benevolence  
When we can't trust the president  
That means we can't trust the government  
Who often sells out its residents  
Giveth and taketh on false precedents

Since some just take whatever they need  
With greed...what's important is the numbers on  
Not the names of dead presidents  
I have come to believe  
Not everyone is entitled to be free  
Because a handful of money is all you need

To put people in your pocket to guarantee  
That when trouble comes it'll let you be  
When you buy a judge  
You can throw out the jury

The system's become corrupt  
Manipulated through misdeeds  
Someone should do something  
'Cause there's a document I've seen  
Saying they're vetting Ann Coulter and Satan  
To run together in 2016

Just remember that  
Every candidate has a rhyme  
Around election time  
Saying we'll do just fine  
If you wave this sign

Standing on a pedestal  
Waving a fake gold medal  
Just rubbing on their crystal ball  
Saying they've been here and there  
They've seen and done it all

Only after the choice has been made  
And you've dealt them the ace of spades  
While thinking that politics isn't a game  
And you haven't been played

But finally after all  
the promises have been made  
You found that the scale of honesty  
Has never been weighed  
As they've forgotten all that they've said

Speaking this while doing that  
They placed one foot on the platform  
And then they fell flat  
The train they boarded straight to the top  
The engine failed; the track got derailed  
And when the conductor was jailed  
The bail they collected was never mailed

Yet every opinion they stated  
Was quoted as fact  
Saying that proof was in the eye  
And they said it with such tact

Even though no  
Evidence ever backed  
But numbers can lie  
Once you've developed the knack

So everyone signed on the dotted line  
Without ever reading the pact  
And now you're complaining  
About paying so high a tax  
Once you sign a deal with the Devil  
There's no turning back

However, there's a new path unpaved  
So it's up to me and you  
We've been taught to  
follow the leader  
Sadly, it's true

It can't be that way anymore  
Time for us to settle the score  
Start pushing the stale old values aside  
No more can we run and hide

The government that rules us  
practically everyone is a liar  
Words catching on  
And now it's spreading like a fire

They've talked and talked  
Talk, talk, talk 'til they're blue in the face  
Just follow me and I'll show you the way

Going to Washington D.C.  
Time to see the true enemy  
But beware...for their twisting tongues  
will tell you it's me  
Don't listen to them if you want to be free

Join us - every color and race  
Speed up! - We've got to quicken the pace  
Million man march - huh - multiply that by ten  
History, we're going through it again

Do it for the homeless you meet  
Do it for the children on the street  
Think about the hungry, the ill, and the sick  
We'll dismantle the system brick by brick

Tell it straight and don't beat around the Bush  
We tried to pull now it's time to push  
It's nine for them and one for us  
It's their turn to sit on the back of the bus

The politicians look us right in the eyes  
While their words are full of lies  
So it should come as no surprise  
What happens to them after they die  
They care not for us only I  
They tell me, "Well, just because..."  
When I ask why  
They say, "They learned it from their peers..."  
That true honesty has disappeared."  
So true has come our biggest fears  
There's no one left who really cares  
I'm going to give each one a mirror  
So they can see what we see

Then I'm going to run for president  
So I can show what's evident  
I will answer questions truthfully  
And you can think what you want of me

I'll hide behind no mask at all  
Not forced to sit I will stand tall...  
I'll be myself and wear no veil  
With my left hand on the bible:  
"I smoked pot and I inhaled!"

#### (9) BIRTHRIGHT

I had a glass of wine and I felt fine  
Yeah, so I had a couple more...  
I went out looking for a good time  
Like Marco Polo – I wanted to explore...

Had no idea what it would bring  
Maybe something great  
or perhaps nothing...

The only difference  
between the pauper and the king  
Is just birthright  
and the size of the diamond ring...



Change the substance not the shadow  
Or else you'll find that change is hollow  
Let the light in open the window  
Lead the people and they will follow

What do I do...  
If not this?  
What do I share?  
If not this gift?

What's the best present  
To give to our kids?  
I say a future world  
Left better than when we  
First came into it?

But leading by example  
Is the hardest thing to do  
To reserve and hold your judgment  
Until you walk one day without shoes

Singing the song of someone else  
Well, it only goes to prove  
That one man's country song  
Can be another man's blues

What do I do if not this?  
I could go back to being a hypocrite  
Hello dear...(fake smile)  
Hi my love...(kiss, kiss)

Change the substance not the shadow  
Or else you'll find that change is hollow  
Let the light in open the window  
Lead the people and they will follow

Here's something those of you  
With two jobs already know  
This bitter pill has become  
Too hard to swallow

Healthcare's gone for good  
And Social Security will follow  
They want you to pay for today  
So they can own you tomorrow

Overworked and underpaid  
Slowly dying from minimum wage  
Swimming in debt  
as the cost of living  
It rises over your head...  
so you try to forget...  
But I won't let you forget:

Change the substance not the shadow  
Or else you'll find that change is hollow  
Let the light in open the window  
Lead the people and they will follow

#### (10) SHADES

What color are your eyes?  
To me that's as important  
As the color of your skin  
About this I am quite certain

What color are you inside?  
That's what really matters  
What we can see outside  
Are just shades and spatters

Shades from mighty bright white  
To midnight black or blacker  
To me it's a mitigated factor  
Much like the clothes of a good actor

For it's just a tiny fraction of the whole  
Something that's beyond all of our control  
Gives no insight to the depths of the soul  
Might show where we're from -  
But not where we're gonna go...

#### (11) INTELLECTUAL PROPERTY

Graffiti scribbled on the side of a building  
Obscenities aimed at the passing children

Yet these simple words can have  
Such a complicated effect  
On an empty vessel of thought  
Dependent on a world filled with neglect

With the wind picking up  
There's trash blowing all over the ground  
There's three guys under 'neath a bridge  
Passing the bottle around

I see weeds sprawling across the sidewalk  
Crawling up through the cracks  
I watch a kid on his way home to a broken home  
Walking alone along the tracks

Things are heading south  
No matter which way you face  
What is bitter to your eyes  
Can give your mouth a bad taste

Seems that everywhere I look  
There's something that hurts my eyes  
They say another day, another dollar,  
Which each new day comes a new surprise

It's not just the inner city  
Where things are getting worse  
When the intellectual property of so many  
Needs to be torn down or reinforced

#### (12) ANOTHER HISTORY LESSON

So just what do you want from me?  
Another bloody lesson on history?  
I am but one man can't you see  
Will there be anyone behind me  
When I finally make my stand?  
Could I see a show of hands?

For I've grown sick and tired  
Of laying way back in the cut  
When your conscience burns with fire  
You reach a point where enough's enough

No more playing follow the leader  
I just fell off of the societal ladder  
History is cyclical and I'm a big reader  
Many say I'm madder than the mad hatter  
But to me those vicious  
Tongues only flatter  
Only what my people say  
That's all that really matters

I try to make a difference everyday  
Don't let my ego go run off and play  
For it may come home  
Broken and shattered  
I dress myself in rags and tatters

For people see me  
More clearly this way  
It's a small price to pay  
To help keep the monsters at bay

For there's very little that I need  
To be free of jealousy and conceit  
Just my one true love  
And our little ones at our feet  
Then I'd sleep well  
Knowing I've made a difference  
At least to most  
Of the people I meet

That's my definition of winning  
Living in a box  
Saying everything sucks  
Now to me that's sinning  
Such unfulfillment  
Would be my defeat  
A human retreat  
Having to start all over again  
At the beginning

NOISE, LIES AND LONGING  
SET LIST ELEVEN (11)

- 1 Love It or Leave It
- 2 Groovy Gravy
- 3 Devil's Friend
- 4 Disciple of Dirt
- 5 Moth
- 6 Insomnia
- 7 Thick Skin (first two stanzas)
- 8 Time's Up
- 9 Kicking the Can
- 10 Hey Waiter
- 11 Cement
- 12 Fancy Words
- 13 Dance Floor

### ⚠️ SET LIST ELEVEN (11) – TRIGGER WARNING

This set is built around identity strain, defiance, addiction, and long-term psychological fatigue. It lives in the space between confidence and collapse, where survival instincts get mistaken for strength and numbness passes for clarity. Nothing here explodes — it grinds.

Core themes include:

- Substance use and addictive thinking (both literal and symbolic)
- Ego fracture, self-mythologizing, and identity erosion
- Chronic insomnia, anxiety, and mental overexertion
- Spiritual burnout and rejection of authority or doctrine
- Emotional detachment, failed intimacy, and isolation
- Cynicism toward politics, systems, and collective narratives

Tracks like Devil's Friend, Groovy Gravy, and Moth frame self-destruction as routine rather than crisis — familiar, tempting, almost rational. This normalization can be destabilizing for listeners dealing with addiction, relapse, or compulsive behavior. Insomnia and Disciple of Dirt dwell in prolonged mental unrest: racing thoughts, moral exhaustion, and the sense of being trapped inside one's own head for years at a time.

There are references to violence, weapons, and confrontation, but they function more as psychological posture than physical threat. The real weight comes from internal conflict — pride versus vulnerability, isolation versus connection, resistance versus surrender. Time's Up and Dancefloor blur the line between coping mechanisms and giving up, especially through escapism and avoidance.

This set repeatedly reinforces the idea of thick skin as armor, even when that armor is actively causing harm. Confidence often masks fragility. Humor masks despair. Control masks fear.

Use caution if you are dealing with:

- Addiction or recovery
- Depression, anxiety, or chronic insomnia
- Identity collapse, burnout, or depersonalization
- Emotional numbness disguised as self-acceptance
- Creative or ideological disillusionment

There is no single breaking point in this set. Instead, it accumulates pressure track by track, leaving a residue of restlessness, defensiveness, and unresolved tension. Listener discretion advised.

## NOISE, LIES AND LONGING

### SET LIST ELEVEN (11)

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#### (1) LOVE IT OR LEAVE IT

I am me so you can love it or leave it

(leave it)

Don't care what you like

So I don't lie

Do you believe it?

(believe it)

Though others' eyes

I can't see through

(see through)

What you see is what you get

I will never be you

(be you)

I don't want to hurt your feelings

But I wouldn't want to

(be you)

I keep my makeup in a drawer

That's never been opened

(opened)

Is the truth in the eyes

Or in the words spoken?

(spoken)

As you can see

I'm wearing no mask

Let me tell you my friend

This is no easy task

So what you see  
Is what you get  
(you get)  
Have you seen anything  
That you like yet?

I am me so you can love it or leave it  
(leave it)  
I wear my heart on my sleeve  
Could you ever conceive it?  
(conceive it)

Though others' eyes  
I can't see through  
(see through)  
What you see is what you get  
I will never be you  
(be you)  
I don't want to hurt your feelings  
But I wouldn't want to  
(be you)

I keep my makeup in a drawer  
That's never been opened  
(opened)  
Is the truth in the eyes  
Or in the words spoken?  
(spoken)

I am me so you can love it or leave it  
(leave it)  
I wear my heart on my sleeve  
Could you ever conceive it?  
(conceive it)  
I am me so you can love it or leave it  
(leave it)

Don't care what you like  
So I don't lie  
Do you believe it?  
(believe it)

(2) GROOVY GRAVY  
You look into my face  
Expecting to see  
A man who is angry

Yet these eyes of mine  
Just finished crying  
Miss my sweet ass candy

My mind...  
Gotta fill it with groovy gravy baby  
So I'm inclined...  
To do or say anything that will pay me

Picked rhyme  
'Cause I find most lives of crime  
pay weekly not daily  
And all my  
Friends not in my head  
all think I'm going crazy

Sure, once I thought I was on a roll  
But I found out it's beyond all my control  
Because when the Zen unfolded  
Again I was the one left dumbfounded

Boy was I wrong  
I really had thought I'd found it  
Being used like a toy all along  
There's no other way around it

I was a puppet on a string  
Just a bird with two clipped wings  
Confined behind these four walls  
Tortured was the only way I'd sing

I was force fed  
To believe - so I'd pretend  
That means don't matter  
As long as it gets you to the end

But soon I was no longer  
The one steering the wheel  
The machine kept getting stronger  
I was left wondering was I still real?

Yes, once I thought I was on a roll  
Now I've found out it's beyond all my control  
Boy was I wrong  
I really had thought I'd found it



Being used like a toy all along  
There's just no other way around it  
Became the prisoner of my own sad song  
No wonder I've grown so despondent

(3) DEVIL'S FRIEND

I can't quit it  
Let me hit it  
Oh won't you let me in?

I've been sinning  
Since the beginning  
And I don't want that to end

I keep learning  
While I'm burning  
I've become the Devil's friend

What I'm saying  
Is I'm still playing  
It won't be a pretty end...

I been high for a long time  
I've been dry even longer  
Out in the sunshine  
The truth just gets stronger

I was hiding in my cave  
And that's no place to get saved  
See a man in full retreat  
That's when he's easiest to beat

Well I just hid my head  
'Til the world thought I was dead  
Gone, lost and hidden away  
Far from society I strayed

Trapped in a world I couldn't face  
One where I quickly lost my place  
Finding solace in defeat  
Told myself I can't compete

(4) DISCIPLE OF DIRT

Just what will break the spell?  
So many claim to know  
Yet so few tell

Why is that so?  
Maybe it's just as well?  
To just let it go...  
Ah what the hell?

There's only one way to know  
Whether to buy or sell  
On which road to go  
There's only one man in the know  
Though long ago he fell

So what's a disciple of dirt  
Like me to do?  
No one left to follow  
No one to lead me

A blind detective  
In a world full of clues  
Only able to be captured  
No one to free me

So many choices  
Yet so little time to choose  
I want to hide away  
Where no one can see me

So much to gain  
But even more to lose  
I'll rest in the safety that  
No one else will ever be me

So what if my book of poetry  
Lies dusty on the shelf  
My inspiration's been lost and found  
By someone else

My dreams about tomorrow?  
Ah who the hell even cares?  
Every day we all take  
A good look in the mirror  
And wonder if it's time  
To face our fears:

Are we burned up?  
Are we burned out?  
Or maybe there's no flame at all  
With no desire to climb  
There's no risk to fall

So we stick to safe ground  
Like a hamster on a wheel  
Lacking love and hate  
So there's nothing left to feel.....

(5) MOTH

Some things were made to bait you  
and then out wait you  
Or out will you  
But if you're a moth like me  
Then a burning candle will kill you...

They say misery loves company  
I said I'd rather be alone  
They say in truth and light  
There lies your salvation  
I said sometimes I feel safer  
When all the light is gone

In darkness I trust  
When scared I soar  
Up through the night sky  
Seeking light once more

I find I can't change  
The wiring of my brain  
So with wet wings  
I glide through the rain

So I may pass the test of fire  
And fly over the open flame  
Try to rid myself of all desire...

It's the same tame your name game  
It's the same tame your name game  
It's the same tame your name game

(6) INSOMNIA

It's time to write another song  
About the world and where it's all gone wrong  
But awe man....That's gonna take soo long

To sum it up: if you're ignorant then you're right  
It's the best lesson you can learn from the whites  
Those with power never wanna give it back  
Is the history lesson you learn if you're black

It's not where you end up  
But how far you had to go to get there  
If you were born with a senate seat  
Don't ever complain your life's not fair

I wake up... remove the covers from my face  
Then I do...what I can for the human race  
Fight the urge...to give in when I'm overwhelmed  
Save the world...mostly by working on myself  
I'm close to becoming the man I was born to be  
Not another drone, wage slave worked to death  
But someone who can say they tried to break free

Every night I stayed awake  
Trying to find a cure for the human race  
Thus I suffered from insomnia

So finally I had to give it a break  
It was the best thing I ever did  
Trust me I'm telling ya  
It's time to write another song

(7) THICK SKIN  
If you sing my song...  
First know that it's long  
A tale filled with broken hearts,  
promises and noses

If you look inside my soul...  
You'll see all that I don't show  
My deviled horns, the blood-stained thorns  
And wilted leaves of long-stemmed dead roses

(8) TIMES UP  
My misdirected passion  
Has led to many lashes  
Put all my eggs in one basket  
As if you even had to ask it

I made a rash decision  
And did something I wish I didn't  
Now everything is broken  
All black with ash and smoking

As I've lost all intention and desire  
To ever again go near or play with fire  
I know I've said this all before  
But this time I won't be called a liar

I don't wanna feel  
Like love's not real  
But I've grown sick and tired

Of being used  
And if it's self-abuse  
I'm thinking I might retire

Take up another trade  
In my old age  
Hey, this gun's for hire

Got a few bullets left  
But at least I'm outta debt  
So what if my plan backfired?

Sure you can save for a rainy day  
Then watch as a typhoon comes your way  
You can look around there's no escape  
Right now you are face to face with the wave

Sometimes it's water  
and sometimes it's mud  
Sometimes it's floating debris  
coming to f\*ck you up!

Sometimes it's earned  
and sometimes bad luck  
Sometimes you jump  
when you should have ducked!  
Time's up!

#### (9) KICKING THE CAN

This woman I'd been dating for nearly a year  
Told me to get out with words so clear  
Said her chains had been broken  
and she's no longer bound  
To me, former lover, getting outta town

Like seasons a' changing love once so dear  
I got no more magic in my hat as I disappear  
Walking down the street carrying a big black bag  
In it is everything I hold dear that I've ever had

Looking up at heaven trying to understand  
Why I'm walking down the street just kicking this can?  
I was wanting to travel  
But this is not what I planned

(10) HEY WAITER

I see fine, fine, fine...  
Sugar mama's all the time  
That I know...  
could be wined and dined  
And numbered because they hunger  
For my love and what I got inside  
Yet still I wait...

I see pretty young things  
Whose bodies could be had and bought  
With just a wink and a shiny ring  
But I don't think dirty thoughts  
For sure, girls like that  
There's lots and lots  
But still I wait...

To see a woman strong inside  
With whom I want to stand beside  
Because I know she'll still be there  
During times when I'm troubled  
And deep within despair  
Or in need of some tender love and care  
So here I wait...

For those who are the very few  
That will love me for what I do  
And for what I truly am  
For they will see I'm a special man  
Who lives his life  
according to his own plan  
And sleeps all alone tonight  
because he understands  
That he must wait...

(11) CEMENT

As the blizzard blows tonight...  
All you think about is staying warm  
We unite to build a fire  
Enemies become friends  
And everyone survives the storm

For time has proved  
As we've evolved and grown  
That the truth is...  
We're never best when we're left alone

If you wanna be truly original  
Then don't be scared of a stranger  
Don't you know the first smoke signal  
Was a way to talk  
And not a symbol of danger

Yet when it comes to truth  
Some play hide and seek  
They say the dead don't lie...  
Well, that's only because  
The dead don't speak

Some manufacture consent  
Like they're mixing cement  
There's always a positive spin  
It always us versus them  
The good guys are gonna win

The speechwriters have been busy  
You see stars and stripes blowing in the wind  
Dylan warns propaganda all is phony  
But just listen to them play our hymn...

Some manufacture consent  
Like they're mixing cement  
There's always a positive spin  
So what if everything is falling down?  
You get to build it back up again

I embrace my face....  
Even though I don't like it  
I support my race....  
Even though we're always fighting

To some my life's a waste....  
I carry on despite it  
I know my place....  
There're wrongs that need writing, righting

I don't know if I...  
want to remember or forget  
Some of the thoughts  
I got swimming inside my head.....

They keep me awake  
sometimes I can't sleep...  
Been like this  
for about a week...  
And add to that about ten years  
I've been telling everyone  
Still no one cares....

(12) FANCY WORDS

As if you were my children  
I sacrifice for you  
A mind like mine  
Don't come around often  
The next one could be you

The chip that rides atop my shoulder  
Has fallen to the ground  
To the chains of modern thinking  
I am no longer bound

I don't try to reach  
just a thousand critics  
I aim for tens of millions  
of people worldwide

I don't dare use fancy words  
that twist into themselves  
So many times that you need  
a dictionary by your side

I try to portray life plain and simply  
Using my words to paint  
a picture to be your guide

My soul crawls across the paper  
Falling dead across the lines  
As all the memories I've known  
Forgotten and left behind

Now stand before you  
Naked and raped  
Handled and molded  
Unfolded and shaped



There is nothing left  
That I can call my own  
There's no place that I can go  
That I can honestly call my home  
There is nothing I'm afraid of  
Be it discovered or unknown

I write for men and women like me  
Who have the roar of a lion  
Those who'll fight to the death  
to defend their pride  
The men and women who know  
that when life gets tough  
That you can never lie down and die

So hold onto whatever  
will get you through  
Do whatever - within reason  
that you have to do  
Look everywhere inside of you  
it's in you  
And I would not lie to you  
I've been you

I would not hide it from you  
but of course  
I will help guide you through  
I'll be your support

### (13) DANCEFLOOR

I been trying to find  
A place to call home in my mind  
But it's cluttered with all  
this useless debris

Pictures, places... things and ideas  
They've been trying to sell to me

I been trying to hear  
My own voice within my ears...  
(I heard a whisper from somewhere)

Amongst all the yelling,  
screaming and cryin'  
which leads to disbelieving  
That's when the  
whisper grows silent

I been trying to see  
since things aren't bad for me  
I should forget the fact  
that ignorance kills

Turning my back on any and all ills  
That don't slap me in the face  
For I... can't save...  
the entire human race

Today I'm enjoying myself  
Going out to have a good time  
This earth won't cease  
to spin or exist  
If I relax and unwind

Let someone else  
Worry about the world  
for a while...

Once I thought I was happy  
But I've long since lost my smile...

I'd like to rewind time  
to find the mindset I had before  
Take the train tracks  
back to when I lacked  
the need to go explore

To when I didn't care  
If the whole world  
went up in flames

I'd say what can one man do?  
Except point a finger...  
And pass the blame

That's it...  
I've had enough...  
I can't take it anymore

Just a few of these...  
To put my mind at ease...  
I'll meet you on the dancefloor

## KNEEL, HEAL AND RISE

### SET LIST SIXTEEN (16)

- 1 Hypocrites
- 2 Tom's Psalm
- 3 Lost and Found
- 4 Triangle
- 5 Crystal Ball
- 6 Walking Paradox
- 7 How and When
- 8 Kneeling
- 9 Best Left
- 10 Chameleon
- 11 the Light
- 12 Learn From the Masters
- 13 Never Be



### ⚠ TRIGGER WARNING – SET LIST SIXTEEN (16)

This set contains emotionally intense, darkly introspective, and spiritually confrontational material.

Themes include:

Religious disillusionment and trauma  
Self-hatred, existential crisis, and depressive ideation  
Toxic relationships, heartbreak, and emotional betrayal  
Struggles with creative failure and obscurity

There is no overt graphic violence or sexual content, but the tone is frequently bleak and self-critical, and several songs deal directly with religious abuse and systemic hypocrisy.

### CONTENT FLAGS:

#### RELIGIOUS TRAUMA / BLASPHEMY

"Hypocrites" and "Tom's Psalm" criticize organized religion and include references to pedophilia, domestic violence, and spiritual manipulation inside churches. "The priest might be a pedophile / And the guy kneeling next to you / You know he's a wife beater"

These tracks may be distressing to those raised in strict religious environments or recovering from faith-based trauma.

#### LOVE, LOSS, AND EMOTIONAL COLLAPSE

"Triangle," "Best Left," "How and When," "Crystal Ball," "Walking Paradox" all explore devastating heartbreak, inability to move on, and the confusion of lingering emotional attachments.

"Lost and Found" includes themes of emotional manipulation and stealing a romantic partner, framed through male rivalry and entitlement.

#### MENTAL HEALTH / DEPRESSIVE IDEATION

Many pieces, including "Walking Paradox," "How and When," "Never Be," and "Light," confront feelings of: Creative failure, Isolation, Grief, Inadequacy, Loss of identity or purpose

"I got exactly what I wanted... and now I'm looking to give it away"

"I strive for it / Survive for it / I live for it / And would die for it"

These tracks do not glorify self-harm but express a very real emotional exhaustion that some listeners may find difficult to hear.

#### ARTISTIC IDENTITY & CREATIVE FAILURE

"Never Be" and "Learn from the Masters" explore anxiety over obscurity, imposter syndrome, and the fear of never being recognized for one's passion.

The tone is intensely personal, speaking to artists or writers who fear being forgotten or misread.

"It might be... my destiny... to be... a never was... a never be..."

#### WHO MAY BE AFFECTED

This set may be challenging for:

Survivors of religious abuse or spiritual gaslighting

Individuals dealing with depression, creative burnout, or career disillusionment

Listeners experiencing recent breakup, abandonment, or grief

Those sensitive to themes of existential despair or identity loss

Set List 16 is a reflective journey through emotional trauma, faith crisis, creative struggle, and rebirth. It's an intimate confessional, brimming with sharp awareness and brutal honesty.

Where others shout, this set whispers, but the sting lands just as deep.

Use caution, especially if you are currently experiencing emotional vulnerability, loss, or recovering from institutional betrayal.

#### KNEEL, HEAL AND RISE

##### SET LIST SIXTEEN (16)

1 Hypocrites

2 Tom's Psalm

3 Lost and Found

4 Triangle

5 Crystal Ball

6 Walking Paradox

7 How and When

8 Kneeling

9 Best Left

10 Chameleon

11 the Light

12 Learn From the Masters

13 Never Be

##### (1) HYPOCRITES

Well it's three o'clock in the morning

And I ain't been to bed

I'm still trying to

sort out all those hopes and dreams

That've been floatin' around in my head

It's just so hard to focus  
When you're as talented as me  
There are about a million things  
That if I wanted to then I could be

Well, I'm a born teacher  
But I ain't no preacher  
For I've never been close to god

I follow the golden rule  
I went to Catholic school  
But all them people sittin' in their pews  
Whipping out the green to pay their church dues  
I think they're all getting robbed!

You see, I've never been a fan  
of playing follow the leader  
The priest might be a pedophile  
And the guy kneeling next to you  
You know he's a wife beater

No I don't want to raise my kids  
To grow up to be hypocrites  
Organized religion will give you fits  
You know that it might be time to quit  
When the time that  
you're sitting in church  
Is the only time that  
you're safe from getting' hit...

## (2) TOM'S PSALM

If you believe in lies  
Then your hands are tied  
Self-crucified  
You are still chained

In elders so wise  
From them the truth still does hide  
Walk in trance hypnotized  
Nothing has changed

And their sermons surmise  
In faith there is no compromise  
Yet the same old problems  
Still have not been rectified  
Today and yesterday  
They are still the same

The day the savior does rise  
They shall all stand by his side  
Though countless have died  
For their religion's name

But what does it symbolize  
When the only hope to unify  
Is for laws of science to be defied  
As the earth's engulfed in flames

And what does it signify?  
That man has yet to visualize  
Every instrument  
Of the orchestra harmonize  
When every piece is on stage?

### (3) LOST AND FOUND

I see what you have  
And I want it  
It will be mine  
For I'll pay any cost

Someday you'll turn around  
And she will not be there  
For I will have found  
What you have lost

You will begin to hate it  
But it was all premeditated  
Just when you thought  
You had everything together  
I finally convinced her  
That she can do better

Because no matter  
where you go  
Pick any corner of the world  
There's one thing I know...  
There are only  
four types of girls:

Either...  
For now  
For later  
Forever  
Or forget it  
And if she's three of the four  
Then you're gonna live to regret it

For now comes and then goes  
For later keeps you on your toes  
Forget it never shows  
But when forever arrives  
Then everybody knows

There is no such phrase  
As setting standards too high  
So be forewarned...  
When forever appears  
She catches everybody's eye

(4) TRIANGLE

I could tell you  
a thing or two about love  
I could whisper into your ear  
All of the sweet words  
you long to hear

Calm and quiet every fear  
A soft caress  
as we gaze west  
Towards the ocean's  
reflecting mirror

Love you forever,  
for the rest of my years  
I'd always be here  
to dry your tears

Cherish you above  
any other one  
Above all else  
that I hold dear

If only I didn't have  
this cross to bear...  
I love someone  
but she don't care...

Yes, people come  
and people go  
But emotions never fade away

Some things will  
never happen...  
This you know  
Yet still you hope and pray

The nature of the beast is cruel  
Though acceptance  
must be learned

As the dwindling hourglass  
of time has taught  
That it cannot be turned

Her love came and left  
It disappeared into the night  
Floated up by the moon  
Then vanished out of sight

My love came  
But it never went away  
It still rattles  
around in my mind  
It's how I start my day

I heard her voice today  
It nearly brought me to my knees  
I felt the beating of my heart again  
It nearly brought me to my knees

After all the tears I've wiped away  
I never thought I'd ever see this day

It only shows that time  
goes on to tell:

After one word...  
After one breath...  
I fallen back under her spell

Let me trade her eyes  
for yours  
Maybe then she'll see  
everything so clearly

Let me trade your ears  
for hers  
Maybe then she'll  
be able to hear me...

(5) CRYSTAL BALL  
Indecisiveness has got a hold of me  
Should I stay, should I go?  
The high road, the low road



So many forces  
That push and that pull  
They act as they will  
And they're acting now still

Just one of the choices  
That I have to make  
How much more can I take?  
Couldn't sleep  
For the last month and a half  
Need a crystal ball  
Because I shattered the glass

Was it half full or half empty?  
But I can get it refilled they got plenty  
Or at least they tell me so  
But just where it is I still don't know

Maybe around the corner  
Maybe half-way around the globe  
Still feeling like a foreigner  
Living the life of Job

I don't feel disgraced  
I'm just losing my faith  
Finding more questions than answers  
As the hour's getting late

#### (6) WALKING PARADOX

Searching for an escape...  
to leave my mind  
for just a little while  
Praying for eyes brand new...  
seeking second sight  
through the eyes of a child

When it hurts to reminisce...  
the only thing to do  
is ask yourself why?  
Things can't carry on like this  
So your life goes up on trial

I got exactly what I wanted...  
And now I'm looking  
to give it away  
Because I'm being haunted  
by the price I had to pay

I pride myself on freedom...  
yet I've found myself  
slowly turning into a slave  
I try to practice what I preach  
but I'm a walking paradox by trade

So pay no attention to what you read...  
And even less to what you hear  
For when you start to hate your life  
You act without thinking and without fear

I've got so much left to give...  
but it seems I'm a hypocrite  
My words may speak of peace and love  
and yet my mind is clenching a fist

Everything I have  
I'd gladly give away  
to take a trip through time  
to go back to yesterday

For some thoughts  
That you find  
flowing through your mind  
you know you should never say

I blasphemized to hell  
with Adam and Eve  
Yet I'll still be apprehensive  
on the day that I die

I say I wear  
My heart on my sleeve...  
and then I proceed  
to build a wall ten miles high

I let all the cats out of the bag...  
when I'd have been better off to  
let sleeping dogs lay

This is the life I have to live  
after finding my guide  
And then beginning to stray

I found the time to pen this rhyme...  
during my wife's exile from the house  
I screamed bitter words of anger...  
As buried thoughts dug themselves out

Now I'm the undisputed  
king of the castle  
but I'm a husband  
without a spouse

(7) HOW AND WHEN

Today I lost  
my best friend...  
So here I am  
with just my pen

Alone, here I am  
with just these tears  
Running down  
the side of my face

Wondering how  
did I find myself  
Here all by myself  
in this lonely place?

Wanting, waiting and wishing  
for your warm embrace  
Seeking to find an escape  
from this soulless solace...

I find that I've been  
Drifting far away  
From whom I used to be  
Just the other day

I have to pick up the pieces  
And carry on again  
I have to regain my trust  
Have faith in my race again

Yet here I am in isolation  
For fear of a broken heart  
I have to pick up the pieces  
But I know I have yet to start

I can find some  
comfort for now  
By turning my  
hurt into art

And letting you know  
that if you feel like me...  
We're are not alone  
nor are we apart

I promise you  
a better day ahead  
Yes, it's okay to be sad  
It's okay to stay in bed

It's alright to cry  
It's alright to ask why  
It's alright to sigh  
And want to just hide

It's alright to feel pain  
Emotionally broken  
and blood-stained  
It's alright to feel doubt  
It's alright to let it out

That's how and when  
We can begin to let love in  
For that's how we become  
Stronger and better  
Women and men

(8) KNEELING  
It's time to inspire  
I think that I'm ready  
I finally stopped shaking  
Though I'm still not  
Quite fully steady

It has come that time  
To try to walk by myself  
If I need some assistance  
At least I have someone else  
Someone's who's vowed to help

You see I've fallen down  
And just laid there  
on the floor  
I never made a sound  
No, I never asked for your help  
I thought I could do it by myself

But that just led  
to empty feelings  
As a deeper sadness  
grew inside  
When what I needed  
was healing  
And to gain back  
some of my pride

That would bring  
back to life  
The part of me  
that died...

But it never really died  
I found it was only sleeping  
So, I wasn't afraid to cry  
No, I wasn't afraid of weeping

I knew I was  
growing cold inside  
When my tears  
they started freezing  
That's when I knew  
I had to open my eyes

I couldn't yet stand  
So I began by kneeling

And I got to where  
the air was warm  
As slowly, I went  
from the lowly  
To where I started  
to regain my form

It's time to inspire  
I think that I'm ready  
I finally stopped shaking  
Though I'm still not  
Quite fully steady

It has come that time  
To try to walk by myself  
If I need some assistance  
At least I have someone else  
Someone's who's vowed to help...

(9) BEST LEFT

One single ray of light  
broke through the clouds  
Touched down upon the ground  
that I was standing upon

My lover right beside me  
just stood in my shadow  
By the time she made up her mind  
to move the light was gone

Though it was never discussed  
This scene said so much about us  
This strange phenomenon  
Either she didn't notice or else didn't care  
Just stood there in the cool, crisp air  
At six minutes past dawn

But I know another girl  
who is made up of sunshine  
She's waiting but I'm not sure  
if she's been waiting for me

She's someone who knows  
Just how I'm feeling  
Yet she's uncertain  
If we were ever meant to be

So I asked her if  
I could come and see her  
For it seems  
she's now ready to settle down

After five years  
of traveling across the country  
She picked out a state  
And said, "No more moving around"

And I've been searching for inspiration  
For a new picture to place inside my frame

I have grown bored with everything around me  
But I'm unsure of whom or what I blame  
I've been seeking a new set of surroundings  
A new life, a fresh face, a new name

I'm getting tired of waiting  
For the time to be perfectly right  
I'm packing my bags when I get home  
And I'll be leaving some time later tonight

I'm unsure of my exact destination  
I desire somewhere with a warmer locale  
Maybe then I'll kick these winter time blues  
And brighten up my entire morale

Yes, I've been searching for inspiration  
For a new picture to place inside my frame

I have grown bored of everything around me  
I've decided that things just can't stay the same

So I won't say that this story's finished  
Only that soon I'll be heading west on a train

Sometimes you can't wait you must create your own fate  
Find out if some things are best left...  
Unexplained

(10) CHAMELEON  
She changes the color of her eyes  
Every once and awhile...  
But that's all right with me

Sometimes strangers take her by surprise  
So she's always quick to flash a smile  
Because life is full of compromise  
And that's not a bad way to be

She hates it when I preach  
And she knows that she was born to teach  
And baby, dreams are free

Anything you seek is achievable  
Once you convince yourself it's believable

I think I've found it...  
And I can't wait for you to see  
I think I've found it...  
And I can't wait for you to see  
I think I've found it...  
To any locked door we have the key

Will you take my hand and follow me?  
Here and now and eternity?

I think I've found it...  
And I can't wait for you to see  
To any locked door...  
We have the key  
Will you take my hand  
And follow me?

(11) LIGHT  
My world is empty  
As strangers pass  
I imagine myself  
endeared in their eye

They never stop,  
just go about their daily routine  
Never wondering what  
an unknown figure  
could ever do for them

Perhaps make every dream come true  
Perhaps give them the sun  
and place it in their hands

They walk by  
and their lives are changed forever,  
unknown to them  
I could have been their everything

My life remains the same, alone  
I am willing to love  
Yet they never stop,  
just go about their daily routine

Sometimes I try to be noticed,  
I shout and wave my hands  
And make promises I fully intend to keep  
But they do not stop, not for me

Desperate, I keep on searching  
Filling my void with whatever  
I find to make the day pass  
Night falls and covers  
my weeping eyes and damp cheeks



Despair fills my heart  
just as darkness fills the air  
Alone and in the dark  
my eyes catch sight of a distant light

So far in the distance  
and so high atop the sky

Seemingly a kin to the mountains  
it is so unreachable  
Yet I must try

What have I to lose  
except the pain of tears?  
With every step closer  
my sorrow is lifted

I walk long miles  
yet my legs do not feel heavy  
My heart begins racing  
as the light does not fade  
as I get closer

So many times before my dreams crushed  
right before my eyes  
Maybe once I will succeed to reach the top

After what seems like  
an eternity of traveling I reach the summit  
The light, once distant and small,  
now encompasses me

I stand before it, anxious to touch it  
I extend my hand in friendly greeting  
The light enters my fingertips  
and explodes into my body

A body once cold regains warmth  
Each sense more excited than the next  
All pain ever felt before  
is exiled back to where it came

My spirit returns and I feel alive  
The light I now hold within guides me

Through darkness  
Through worry  
Now as I have found the light  
I will never be alone  
The light I have found  
is you

(12) LEARN FROM THE MASTERS

Today is the day  
I know that I will make it  
When I was cast from the mold  
Who would know that I'd break it?  
In bitter fits of jealousy  
There are those who can't take it  
Pretend to walk in my shoes  
When they know that they fake it

Be yourself don't try to be me  
Open the door that'll set you free  
My pen name Bob Dylan Junior is gone  
I've stepped into the shoes  
of a man named Tom  
A poet, a writer, who dabbles in song  
And learns from the masters  
What he's known all along

Since I am a poet  
I will fight you only with my pen  
I'll drag your name through the mud  
And then drag it through again

There's no need for fists  
For fighting only leaves you bruised  
I've learned that paper cuts never heal  
When everybody has heard the news  
When made known is your reputation  
Then I win and you lose

Since I am a poet  
I will try my very best  
To separate myself from all others  
And try to stand above the rest

Searching for what  
hasn't yet been written  
Though there's not much  
that Dylan left

Be yourself don't try to be me  
Open the door that'll set you free  
My pen name Bob Dylan Junior is gone  
I've stepped into the shoes

Of a man named Tom  
A poet, a writer, who dabbles in song  
And learns from the masters  
What he's known all along

(13) NEVER BE  
If you got it then flaunt it  
If you don't then fake it  
If you think it and want it  
If you need it then take it

But I once told myself  
That I was willing to wait  
To make my mark  
But I've been looking up lately  
And I notice the sky  
is getting dark

If things keep  
progressing at this rate  
In the sense that  
the light is growing dim  
It might be...  
my destiny...  
to be...  
A never was...a never be...  
As opposed to a has been

Even though I  
Live it  
Breathe it  
Speak it  
And eat it

I give all  
I have to give  
To something  
As important as this

I told myself that  
I am willing to deflate  
My own ego

And try to silence  
any feelings of hate  
That deep inside of me grow

Though these toxins are innate  
I swallow hard  
Try to bury them alive

I got nothing but time...  
and my mind...  
These years in my prime....  
And this  
dedication to rhyme...  
To use as my tools  
to allow me to thrive

And I plant it  
I seed it  
Water it  
And weed it

I give all I  
have to give  
For I am  
Not a hypocrite

I told myself that I am  
willing to bear  
My inner soul  
For the more voices  
I hear inside my ear  
The harder it is  
to maintain total control

The more likely I am  
to be persuaded by fear  
For in this line of work  
very few will ever make it

So many much more  
talented than me...  
Can get driven to the  
brink of insanity...  
End up losing themselves,  
their lives and their family...

When their music  
never makes the radio

No videos on MTV...  
I must be able to give it  
as well as take it

Yet I know it  
And I say it  
I believe it  
And I pray for it

I give all I  
have to give  
I got one shot  
No regrets if I miss

I told myself that I am  
willing to share  
Won't keep inside  
My thoughts, like clothes,  
I will openly wear

When you have  
nothing to hide  
You have no reason  
to be scared

When you don't  
Cheat or steal  
And I...never lie...

Nor do I try...  
to portray any  
emotion that I...  
Don't honestly feel

No fake tears  
in my eyes...  
Or some false  
face of cheer  
Only what is real

I could never conceal:  
That I strive for it  
Survive for it  
I live for it  
And would die for it

I give all  
I have to give  
To whatever it is...

And this is  
And this is  
And this is  
IT!

## THE COST OF LIGHT SET LIST TWENTY (20)

- 1 Undefeated
- 2 Dying Day
- 3 Fields of Time
- 4 Running Free
- 5 New Sight
- 6 Right By Sight
- 7 Off the Road
- 8 Rock Star Dreams
- 9 Plankton
- 10 Perfect World
- 11 Linear
- 12 Learn From the Masters
- 13 Another Quarter

### TRIGGER WARNING – SET LIST TWENTY (20)

Set List 20 focuses on identity, purpose, burnout, idealism under pressure, and the slow erosion of hope. The pain here is not spectacle — it's cumulative. These songs document what happens when someone tries to live consciously inside systems that reward conformity, speed, and numbness. This is a set about almost breaking, not about already being broken.

### CORE THEMES & POTENTIAL TRIGGERS:

Existential anxiety and loss of direction  
Depression, self-doubt, and emotional fatigue  
Addiction recovery and relapse anxiety (Dying Day)  
Fear of wasted potential and creative paralysis (Fields of Time)  
Identity erosion under societal pressure  
Disillusionment with politics, media, and social narratives  
Class consciousness and power imbalance (Plankton, Perfect World)  
Burnout from capitalism, productivity culture, and "the grind"  
Feeling unseen, unanchored, or disposable  
Loneliness framed as independence  
Idealism clashing with reality  
Aging, time pressure, and fear of irrelevance  
Persistent rumination and mental looping  
The weight of wanting to matter

CONTENT NOTES (MODERATE TO STRONG):

"Dying Day" includes addiction imagery, moral struggle, and end-of-life reflection.

"Another Quarter" directly references depression, self-doubt, emotional breakdown, and fear of running out of time.

"Fields of Time" centers on delayed dreams, regret, and creative despair.

"Plankton" uses dehumanizing metaphors to critique systems that render individuals insignificant.

"Perfect World" addresses systemic injustice, war profiteering, domestic anger, and emotional alienation.

"Running Free" and "Right By Sight" examine identity confusion, media manipulation, and internalized conflict.

No graphic violence is present, but psychological weight is sustained across the set.

THIS SET MAY BE DIFFICULT IF YOU ARE SENSITIVE TO:

Depression or existential dread

Feeling trapped by systems you can't escape

Creative burnout or fear of failure

Loss of faith in institutions or narratives

Loneliness disguised as independence

Idealism turning into exhaustion

Constant self-interrogation without resolution

Set List 20 is the sound of someone still fighting — but tired. It believes change is possible, but no longer trusts easy answers. Hope exists here, but it is conditional, fragile, and hard-won. Unlike Set 21, this set does not shock. It wears you down. It asks whether staying conscious in an unconscious world is bravery — or slow self-destruction. Listener discretion advised, especially for prolonged listening.

THE COST OF LIGHT

SET LIST TWENTY (20)

1 Undefeated

2 Dying Day

3 Fields of Time

4 Running Free

5 New Sight

6 Right By Sight

7 Off the Road

8 Rock Star Dreams

9 Plankton

10 Perfect World

11 Linear

12 Learn From the Masters

13 Another Quarter

### (1) UNDEFEATED

I ain't got no plans this minute  
So I'm seizing the moment - I'm in it  
I'm not losing or winning - Just present  
Not up, not down - I'm all around

From the cities to the towns  
To the horses and the plows  
Not the just the black or the white  
But every face in the crowd

If you can see it you can be it  
If you wish to delete it then don't repeat it  
Some good advice to those who seek it  
Though those luckier than me might not need it

Sure you can try to pin for the win  
When the argument becomes heated  
But a sly guy vies for the tie  
Because only Father Time is undefeated

What about space? That's a whole 'nother race  
We started with the moon  
then wouldn't you know pretty soon  
It was on to Mars and that's just so far  
There's more in store we keep raising the bar

I'd rather not roam  
Stick closer to home  
Preserve what we have  
Before that's all gone

### (2) DYING DAY

I've given up on  
feeding my addiction  
Wash my bleeding hands clean  
From this filthy affliction

Look up at the sky  
to guide my direction  
Why oh why do I even try  
To strive for perfection

Get it up, get it out  
Put another on the shelf  
Rip in and pull it out  
Give away another piece of yourself



Try to show  
what so many others hide  
In their sense of pride  
With their tongues they lied  
And then became tongue-tied  
And with a cross look they denied

Knowing not which law they abide in  
Be it gin... sin... kin?  
So they just play pretend  
Yet where one man's  
rainbow ends...  
Another's begins

At least I've found mine...  
Never stop trying  
Or else face regrets  
On the day of your dying  
Yes, the times are getting better  
They say tomorrow is the day  
Maybe then we can live forever

Or at the very least  
we can all live together  
It sure sounds good –  
that much I'll say

For when we live the dream  
We may finally sleep in peace  
Holding and protecting  
What was once so out of reach

The times are getting better  
They say tomorrow is the day  
Yesterday is history  
Time to let it slip away

Let it out, free yourself, it's okay  
The times are getting better  
They say tomorrow is the day

You built your wall...  
now let it fall,  
it's okay

The times are getting better  
They say tomorrow is the day

For hope and faith  
is what we need  
The time is right  
to take up this creed

Finally something positive  
in which to believe  
Aside from learning the obvious fact  
That we all bleed  
For once we have found  
the eternal spring  
We can sit back and see  
what it will bring

Maybe countrymen, maybe kings...  
Maybe even better things

The times are getting better  
They say tomorrow is the day

Maybe then we can live forever  
Or at the very least all together  
It sure sounds good  
At least that much I'll say

### (3) FIELDS OF TIME

I've been growing up  
And am slowly  
becoming a man  
I'm twenty- four years old  
And doing the best that I can

I've got big dreams  
But I've had to put them on hold  
Thus the way it presently  
looks to me  
Is that my one true calling  
might never be  
As my big book of poetry  
Just keeps on getting  
dusty and old

And the people  
who I am trying to help  
They no longer trust in me  
Gave up on waiting for me  
To finally fulfill my destiny  
Such a waste of a mind like mine  
Wasting its time on carpentry

I've got to simply find the time  
To collect up my rhymes  
If it is still not too late  
To change the world's fate  
Because some of my stuff  
is so great  
Somebody has to publish me

Just look at all  
the seeds I've sewn  
Look and see how they've grown

Throughout the fields of time  
It damn near blew my mind  
That nearly all  
the weeds are gone

Oh see the sun  
and how it shines  
Not a single cloud left in the sky  
Now I don't mean  
to sound so surprised...  
If there's a God  
then he or she knows  
Just how hard I have tried

He or she sees the seas  
I have swam  
And knows all  
the mountains I've climbed

Sees how much I have grown  
Knows of all the tears  
I have cried  
Senses every fear that I hide

When no one cares that I am  
Sitting here all alone  
Pondering how to get  
blood from a stone

But lately I have since  
changed my tune  
I now get to see  
the flowers in bloom

Reaping the rewards  
of years of hard work  
On this lazy afternoon  
Feeling the sun and all of its warmth  
As if every month is  
April, May or June

#### (4) RUNNING FREE

Do you remember what you were  
Before the world told you  
what you had to be?  
Back in the haze of the days  
A distant memory of running free

Then what happened to my mom and dad  
It came calling for me  
I ran for a while and tried to hide  
But you see eventually...

Race baiting wars are waiting  
For those who get scooped up in the media spin  
A tidal wave of hate and fear  
Still the celebrities, car wrecks  
and sex keep you sucked in

Remember not everyone who smiles at you  
really wants to be your friend  
Sometimes it resides behind the eyes  
another's true intent

For one might say  
It's not how you play the game  
It's whether you lose or win  
Given time everything will change  
What you red, your black, your white, your blues  
Yeah that's what I said  
So your destiny is yours to choose  
Yet let too many voices in your head  
And the one you'll lose belongs to you

It's alright to hide behind a lie  
Yet if you dare share the truth  
Hey baby, I'm your guy