

The Wall: Hip Hop

(Reality Ride)

There are two tracks from which to choose
The one where you win and the one where you lose
So don't get it twisted, don't get it confused
The long hard track is the track to use

(Labels)

Tear the label off the can
Because the label don't make the man
Make up your mind, you're going to make a stand
Be bigger and better than the label at hand
It's so easy to prove your label right
If you make the same sad choice night after night
But if you change your direction then you just might
Tear off label's lies and stabilize your life
One that won't hurt you or your friends

(Defense Mechanisms)

We hope that's what you choose to use to defend
If your feelings get hurt or your face gets slapped
Only you choose how you react
You can lash out or use your tact
Don't let others choose how you act
If your feelings get hurt or your face gets slapped
Only you choose how you react
You can lash out or use your tact
Don't let others choose how you act

(Climbing Out)

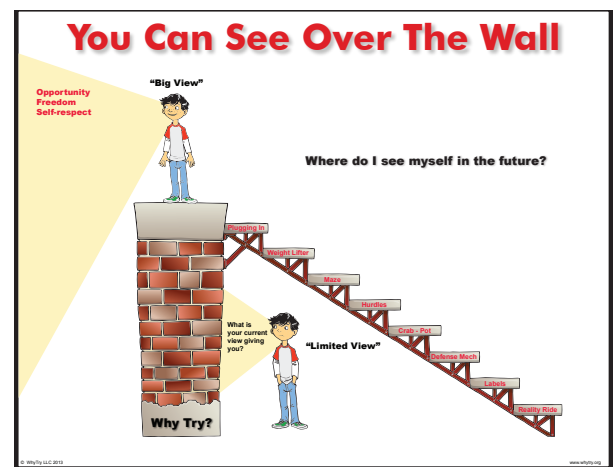
This is what you got, crabs in a pot
Trying to climb out because it's boiling hot
But every single time one gets to the top
He gets pulled back down by the crab that's not
This is what you got, crabs in a pot
Trying to climb out because it's boiling hot
But every single time one gets to the top
He gets pulled back down...

(Jumping Hurdles)

'Cause hurdles are hot I run and I hop
I keep myself going with good self-talk
Hurdles are hot I run and I hop
I keep myself going...

(Desire, Time, and Effort)

This is my working song
I spent time working on
I get my effort on my desires strong I'm working on



Oh my how high your vines have grown
Our garden is so green and overgrown
It's so fun to have some sun to call your own
Sunflower blooms big and over-blown
But I think it's time to pull some weeds indeed
Give our plants all the room they need to breathe
Give them just a little space to grow and thrive
Did you know that a plant can feel your vibe

(Lift the Weight)

I lift weights the most reps at the best rate
I bench press all you dumbbells off my chest plate
I lift weights the most reps at the best rate
I bench press all these dumbbells off my chest plate
I lift weights the most reps at the best rate
I bench press all these dumbbells off my chest plate
I lift weights the most reps at the best rate
I bench press all you dumbbells...

(Get Plugged In)

Get going, get flowing along
Don't look back, look ahead and move on
Better go with the flow when the current is strong
Got to get plugged in so the light can come on
And then shine...

Because it's my time to shine, man it's my time to shine, come on shine

(Motivation Formula)

Sometimes when I'm angry I'm a river raging
Can't control where I'm going I flood over and break things
Turn flat fields into puddle-like lake things
What do I say to myself when I think I can't take things
Stay focused things are not hopeless
I notice what they don't notice
I know this my actions show this
Go slowest smell all the roses