

## Salads

### "Free Your Pain"

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I'm gonna tell a story listen to me today  
It's not of fame and glory sellin' souls to find a way  
This older man told me that way back in the day  
He bled and poured his heart out while put out on  
display  
Some people they enjoyed it at least that's what they  
say  
Unknown intense emotion is in this masterpiece

I'll tell you son how I feel  
With hope to help you

Free your pain 'cause I told you before and I'll tell you  
again

So here's another story I heard two days ago  
This lady came and told me of how she's feelin' low  
Don't cry and dry your tears now I told her she should  
know  
Life really ain't that bad child, better than six feet below  
Why bother livin' life with a frown upon your face  
Rome wasn't built in a day now, you gotta set your pace  
Stand tall and pick your head up

Go sing on the mountains high  
You're just a baby bird now, one day you'll learn to fly

I'll tell you son how I feel  
With hope to help you

I wanted to tell you son how I feel  
With hope to help you

Me and the boys ain't takin' no shit  
If you're killin' at the vibes I'm gonna have to throw a fit  
But I don't wanna do that so come at me real  
Begin to understand just how this MC feels  
I'm Mista D and I'm a smooth cool cat  
Mama never knew that I could sing like that  
I guess I just had to follow all the beats in my head  
Writin' clever poems that's what I did

Now these poems are for you, my lyrics are true  
I just wanna do this 'til the world is through  
I speak on the real if you feel like I feel  
Then you need to get up and SLAM!

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