

## K'naan "Wash It Down"

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### "Wash It Down"

When you here in the water and you feel like it's order  
releasing your tension, the stress and disorder is big in  
America, Stephanie, Erica, both of them suffer from  
livin in hari cause,

Livin is very competitive, hassling creditors,  
hazardous, accidents, driving with negligence, to  
many beverages, people got to many things on they  
letters, says tvs deadliest, professing the ugliest, war,  
war, war, war

What the hell you keep on killing me for, please won't  
you come and bend down low, let me tell you what little  
I know, and if it's worth something, spread it indeed  
like shit and vomit that's under your feet, I was born in  
a pot boiling black and hot, waiting to be tasted and  
rapping alot, but justice would not come and eat my  
flesh, instead I had poverty to feed my stress, until my  
life became an ode to the gun, not needed like an  
overcoat to the sun, so I thought I was just made to  
exist, not to live or, change or resist, but fear will have  
you believe in fear, paralyze have you believe in tears,  
this is the therapy needed so use it, music is water, you  
know how I might prove this, people need music like  
they need excuses, people need water like kanye  
needs jesus, so wash it down, (wash it down) wash it  
down, (wash it down) wash it down, (wash it down),  
wash it down, (wash it down), wash it down, (wash it  
down), wash it down, (wash it down) wash it down,  
(wash it down) wash it down, (wash it down) I know you  
stressin, this is a little meditation for you to relax and  
jump in the pool and you know, sink and sing, my  
people drum on water, drink on water, live on water,  
die for water, my people drum on water, drink on  
water, live on water, die for water.

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