

## **Me Phi Me "Sad New Day"**

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Pain it's as dark as the night  
Keeps you up-tight forever you fight  
You try to break the bondage you experience  
Deranged delirious mentally serious  
Tell ME how do I break the chains on my brain  
My mind my body my soul I need total control  
Of my freedom and my liberty when will it be for all  
All Berlin walls must fall  
The physical torture and mental oppression  
The anguish of depression life is a lesson  
That you've got to study hard because the hard times  
Are grippin' and whippin'  
Quit slippin' don't be a slave just create  
A positive state don't break just make and take  
Be great don't be controlled just be strong never doubt  
Your tomorrow and we'll hear you scream out

SAD NEW DAY GO AWAY -- SAD NEW DAY GO AWAY

When it rains it pours for pain is a force  
Let happiness be your source and keep goin' for yours  
I know old Dante pulled you in the inferno  
But pain you U learn though is not eternal  
So now you're in the dungeon on the wall you hang  
You try everything the pendulum still swings  
You're down on your knees and prayin' Oh my GOD  
Tell me why this life has to be so hard  
Is it all in the cards yeah deal me a new one  
And maybe life won't be so lonely and gruesome  
But I'ma tell you son before you begin  
Even with a bad hand you can bluff and win  
So put your chips on the table you're able to do the task  
Unmask the executioner and take his ax  
And break the chains that bind and confine your mind  
this is your time  
Unleash and unwind put pain behind  
Climb art of the pit of darkness and start this new  
breed  
For this is what we need  
Don't be held down and hellbound be strong and  
profound  
Unfasten the leather that's strappin' you down

Dig down and get up and you'll be swingin' the soul  
sound  
A new day is coming the sun don't frown  
Don't conform be confined or obey  
Nelson Mandela breathes the air of a new day  
So now you're a number in the prison of a hardened  
soul  
But be brave and behave and you may get parole  
So there's hope and hope is a pleasant thing  
Over the horizon I see the sun I hear you sing

SAD NEW DAY GO AWAY - SAD NEW DAY GO AWAY  
SAD NEW DAY GO AWAY - SAD NEW DAY GO AWAY

Solar energy within ME all through ME  
It's the sun full of light bringing power and might  
All right makin' everything start to swing  
You be the lung or queen of your own dream  
Life can be supreme it's a special thing  
Just keep the faith through the nighttime  
You operate smooth and you might find  
All of the lovin' the bliss the joy a happy deal  
Friendship and jubilee you live the Elysian fields  
For real you need to feel unchained and free  
Into the ME PHI ME  
And you are in the rat race so put on your gym shoes  
Run emphatically step on them blues  
Choose the right path and be on your way  
And you'll be able to say  
What a wonderful life!

(CHORUS)

(Solo)

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