

## **Manhattan Transfer F/ Ruth Brown, B. B. King**

### **"Pep Talk"**

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[Verse One]

Follow my lead as I delve into channels of chi affix  
harmony  
inwardly naturally  
Sole purpose on the physical plane  
is to master my mind soul spirit and anatomy  
Gradually map out destiny  
Embrace the oneness that rest in me  
Build a force field for the negativity  
then within it find out what the lesson be  
Keep key elements to my survival elevating on spiral  
movement movin'  
Subsequent to substance drawn off the perineum point  
or Hui Yin  
union Of the fem and the masculine become primary  
goals for the selves  
to blend amend connection between jing and shen  
then be somewhere in the mix when life begins....

[Verse Two]

Inherited simpler ways to make better days  
Striving to pave a steady trail evading the maze  
Tending to exasperate personal space  
that in turn alienates and stagnates true state of your  
place  
In the scheme of things  
in accordance to whatever karm brings  
Face truth even if it do like bee stings  
or financially I'm up and down like moodswings  
Attitude is till footloose and fancy free broaden my  
horizon  
roaming the galaxy galloping ballantly  
Limits and boundaries Haam be clowning  
These feed off most high source surrounding me  
See each and every movement merely  
as a chance to bond and correspond with power of the  
all in existence  
Life is a privilege  
Learn it love it live it...

[Repeat verse one]

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