

## Shihad "Ghost From The Past"

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Met up with a ghost from the past who said...  
I can't slow down, my minds moving too fast  
And I don't think that I like the things I'm thinking  
I said brother try to relax  
It takes time for these things to pass  
He said fine and then he threw me out the door  
Should have stayed  
He was on the floor  
So much pain  
Could I have done more?  
Saw a ghost from the past just the other day  
His body still works but his soul flew away  
Or sits somewhere inside behind locked doors  
I said brother you should relax  
You were better in times that passed  
He just smiled as he looked right through me  
Ain't no way to get you back now  
Ain't no way to bring you back

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