

## Sizzla

### "Ocean Within"

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[KRS-One]

Word..

Sonja.. you know you saw her in the movie

And my man Saul, he's like THIS!

[Saul Williams] \* singing \*

There is no ocean like the one, within

Look to the moon rise with the tides, and swim

(repeat 4X)

[KRS-One] \* speaking while Saul sings \*

Uh-huh, yeah, yeah

KRS-One, coming through.. like this

Uh-huh, do it, do it like that, like that

Uh, uh-huh

[Saul Williams] \* sings first two lines \*

Saul the road to Damascus, come follow me

The serpent swallow the moon, but it won't, swallow me

(Yeah, speak the word!)

Intellect is like a major city

Laden with concrete, metal

Advanced modes of transportation

Shining buildings, and fenced in parks

Spirit is the mountain's forest wilderness

and vast countryside that surrounds it

Too many people live in the city

Struggling day to day for mere existence

Most have forgotten how to live off the land

They only experience nature on class trips

and short-term vacations

For those that live in the country

Cities are like amusement parks with high prices

and temporal satisfaction

At the end of the day, they are tired

and ready to go home, and relieve their ringing ears

[Saul Williams] \* singing \*

There is no ocean like the one, within

Look to the moon rise with the tides, and swim

(repeat 2X)

[KRS-One]

Uh-huh, speak the word

Hyper-accelerated meditations talk

The reversal of this word dispersal is thought

There is no difference between thought and talk

like the blackboard chalk and homicide chalk

they both give outlines

One is designed to outline the mind

The other outlines the body after a crime

Could it be that these two chinks are connected;

meaning the body gets outlined when the mind is  
neglected --

-- or poorly directed

Like the teacher with the chalk

Or is the teacher the beginning of the homicide we  
talk?

Be selective in your speech

Cause the chalk of the two technical teaching has  
taught each

Knowledge Reigns Supreme Over Nearly Everyone

Nearly every daughter, nearly every son

Ignorance reigns supreme for some

They chase the sum, inviting the I-R-S to come

Make the connection, choose your direction

Use your protection when sexin AND hexin

Things come back cause they really never left

If the secret to meditation is found in the breath

then speech is another form of meditateness

Whattya say to this latest rhyme or poem?

Some have been known to quite the mind through

OHHHHHHHHHHMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMM

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