

## Grüvis Malt "Gavin Castleton - Red, Red, Red"

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Don't understand about why you did it

Tore this nasty track just about in half and then quit it You spilt your sickness onto tape and Jon made the track fit it

It's not pretty, it's acidic

There's a beast in the beauty, but the beauty won't admit it

It's not surprising we get high off the sounds coming from the deepest darkest pits

Or that someone trying to climb out would be your own worse critic

How the hell did the marketing value of tragedy escape Epic?

Now the album sweeps across the web while Sony remains skeptic...

If you wanna rip, stay sick
Let the blood run
If it ain't spelled out in pain and misery
It won't stick
And if you wanna lie, stay high
Let the blood dry
You could try to sell that band aid but the youth, they ain't buying it

In ten years the only worthwhile track I ever wrote, I wrote when I was ready to slit my own throat The only art I can really feel starts at the end of hope Rappers don't make a sound 'til you're 200 pounds overweight

seven feet tall chained to the wall eating dog food That's the raw you

I'm a hypocrite, just by spittin' this

I'm not pissed, I'm living better than ever before

My brain wants the pain back

but my body likes me eating better than I did on tour I'm not even bringing heat on this track and this beat's begging for it

Had to put my testicles in a vice, just so I could do this chorus

Check it

Is it so strange to be fantasizing all about the different ways that I could write about a massive travesty I could see happening to me? I'm thinking maybe a plane crash or maybe I could go to jail or Lumas gets a tumor, Jenny's got a girlfriend all of it turns into poetry, history's got me believing that If I were suffering, I could write something If she were dead, I could see red Spill my guts, choke or sing Salvage nothing

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