

(Ready? Now go)  
Hate is a gift, it's sick and twisted  
There's a knife in your back, and for fun I just twist it  
All of the shit you need to get you lifted  
Is a rock in the bone, what it takes to get you twisted  
Take the time to fuck with your mind  
And don't thank me, because the pleasure's all mine  
What's going down, don't waste your time  
Break a neck, motherfucker, get back in line  
Get up, lit up and get the fuck out  
(get up, lit up, lit up, get up)  
How the fuck does it feel, your minds mine now  
(get up, lit up, get up, lit up)  
You can't slow it down (you can't stop this now)  
You can't slow it down (you can't stop this now)  
Mindset is shifted, violent whispers  
No control as in, I turn on the rough sickness  
Do your best, but you can't resist this  
Make your choice, inmate or witness  
Your sanity's a distant memory for me  
So fuck what you've heard, fuck what you've seen  
Don't deny what you have inside  
From me run motherfucker, you can't hide  
Get up, lit up and get the fuck out  
(get up, lit up, get up, lit up)  
How the fuck does it feel, your minds mine now  
(get up, get up, get up, get up)  
You can't slow it down (you can't stop this now)  
You can't slow it down (you can't stop this now)  
Get up, lit up and get the fuck out  
(get up, lit up, get up, lit up)  
How the fuck does it feel, your minds mine now  
(get up, lit up, get up, lit up)  
(He's been whining and scratching himself raw, and nothing helps)  
Aah! Aah! Aah! Aah! Do your best, can't resist, do your best, run  
You can't resist, can't Aah!)  
You can't slow it down (you can't stop this now)  
You can't slow it down (you can