Yo, My morning showers like a rebirth; reflections of the womb Crazy sentimental floatin' in lukewarm placental Now I chop a burden on the sink trying not to think about what Lies before me but the sun just reassured me that Everythings gonna be allright, the last thing on my mind is tonight Its like a sintch and getting Zestfully clean not to mention Scrub my ass and armpits for a bit and then I split over to the mirror Wipe the dew to make my vision clearer Then I moisturize my face with some aloe Vera This is that type of day cause I can feel it that You ain't letting bad vibes invade your spirit Anyway it's time to get the breath right So I grab the Crest and toothbrush, circular motions to the left, right Just enough to see the teeth sparkle a bit I fill my grill with Listerine and then it's gargle, gargle, spit And now that's good hygiene, you know what I mean? And my mouths the definition of so fresh and so clean (clean) I feel it's only right, since my words all I got And nobody wants to listen when your breath is hot But that's a story in itself so I head to my bedroom Throw on some drawers and pick out a costume I think ill rock these blue jeans and this tee shirt And whats a little polo sport gonna hurt? C'mon

This is that day cause I can feel it
You know the type of day you ain't lettin' bad vibes invade your spirit
As the birds chirp your favorite tune
It's like I'm right back in my momma's womb
Cause everything is so serine
And the temperature is just right
Not a worry in sight
And plus the sun is shining bright, it's a beautiful day
It's a beautiful day

Shall I continue where I left off? I'm feelin' kinda lovely but my Tummy is growlin' so I'm feeling kinda hungry So I hit the kitchen and I'm wishin' there's some food in sight What do ya know? I got that Cinnamon Life And now I'm real happy, fill my salad bowl up with cereal To my surprise it's Jackson Five up on the stereo I turn it up my words can't describe my reaction to Wakin' up and listening to prepubescent Michael Jackson Open up the Frigidair what do we have here? Seems like just enough milk to fill my morning craving Peep out the window just to see if Izzy is misbehaving He's staring at me with a grin like 'Yo, let me in man!' So I begin to fill his dish with Kibbles N' Bits Let him in so he can eat, and I'm eating my shit So now we both full and well fed Happier than that fat rat Templeton from Charlotte's Web And now its time to get our walk on Izzy can get his bark on It's a beautiful day maybe we'll get our state park on I know the lake is at its finest (you better take afvantage) I'll grab my backpack, this leash, and maybe make a sandwich

I better grab my ghetto blaster and a few tapes, A thurmos full of water and a bag of fresh grapes Some more tapes cause you know that music comes first And what's a little Jackson Five gonna hurt? C'mon

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