

# Wash It Down

K'naan

When you here in the water  
and you feel like it's order  
releasing your tension,  
the stress and disorder is big

in America, Stephanie, Erica,  
both of them suffer from livin in hari cause,  
Livin is very competitive,  
hassling creditors, hazardous,  
accidents, driving with negligence,  
to many beverages, people got to many things on  
they letters, says tvs deadliest,  
professing the ugliest,  
war, war, war, war

What the hell you keep on killing me for,  
please won't you come and bend down low,  
let me tell you what little I know,  
and if it's worth something,  
spread it indeed like shit and vomit that's under your feet,  
I was born in a pot boiling black and hot,  
waiting to be tasted and rapping alot,  
but justice would not come and eat my flesh,  
instead I had poverty to feed my stress,  
until my life became an ode to the gun,

not needed like an overcoat to the sun,  
so I thought I was just made to exist,  
not to live or, change or resist,  
but fear will have you believe in fear,  
paralyze have you believe in tears,  
this is the therapy needed so use it,  
music is water, you know how I might prove this,  
people need music like they need excuses,  
people need water like kanye needs jesus,

so wash it down, (wash it down) wash it down, (wash it down) wa  
sh it down, (wash it down), wash it down, (wash it down), wash  
it down, (wash it down), wash it down, (wash it down) wash it d  
own, (wash it down) wash it down, (wash it down)

I know you stressin, this is a little meditation for you to rel  
ax and jump in the pool and you know, sink and sing, my people  
drum on water, drink on water, live on water, die for water, my  
people drum on water, drink on water, live on water, die for w  
ater.