Brainwash

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I need a brainwash from my head to my soul ~ I need a brainwash , bring it down to my toes ~ I need a brainwash in and our 'cau se you know ~ I need a B R A I N double wash Overwhelmed by the stuff on TV ~ Overloaded from the pressure f allin' on me ~ light head! Oxygen! I've gotta breath Email, Myspace, backin' up all the time ~ Voicemail, press one if you're on the line ~ Transformer, can you renew my mind?

Smack dab in the front of my mind ~ All that I've done wrong ~
Re-play and rewind ~ How can I erase it forever this time
Smack dab in the pit of my soul ~ This guilty feeling's diggin'
a hole ~ And my thoughts are spinnin' out of control

The world is straight typical to rock the traditional ~ Kinda k eep it real life livin' mind simple though ~ My past is in remi ssion ~ Thrivin' on my conditions ~ I need a turn around ~ A fr esh way to get down ~ Comin' straight from Jersey roamin' in th e land of the dirty south, free ~ Escapin' misery ~ With a Chri st mentality ~ The only way to have it ~ Living word habits ~ F eels nice dippin' me twice ~ Yo, ah I need a

Be not conformed to this world \sim But be transformed by the rene wing of your mind