

## Ghost From The Past

Shihad

Met up with the ghost from the past  
Who said...  
I can't slow down, my minds moving too fast  
And I don't like the things I'm thinking  
I said brother, try to relax  
It takes time for things to pass  
He said fine and then he threw me out the door

Should of stayed  
He was on the floor  
So much pain  
Could I have done more?  
Saw a ghost from the past just the other day  
His body still works but his soul flew away  
Or sits somewhere inside behind locked doors  
I said brother you should relax  
You were better in times that past  
He just smiled and looked straight through me

Ain't no way to get you back now...