

## Bottle Of MH

Hanumankind

Been having late nights and long days  
Sometimes it feels like an endless slope  
My Energys Not Totally Aligned Lately  
Has Everybody Already Lost Their Hope

I see it in your eyes its not easy  
I appreciate the way you cope  
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I'm looking for Balance  
A man stuck in wonderland not looking for Alice  
Best believe its a challenge  
When you dealing with damage  
Inside of your head, it can get too much to manage  
Yo I find that I'm lost  
My generation is too  
My generation lost their freedom like they live in a zoo  
Having too much of pride, having too much to prove  
And having too much to drink, but you know that's how we do  
And I can pour you up a glass and you can see its the truth  
And we can talk about the past but really what is the use  
Spending all this cash on the things we abuse  
Yeah we've been living way too fast without time for the views  
But what you looking for, when either you're in a place you can't explain or  
ignore  
My plane of existence isn't something I can just explore  
And get back from like, hey wasn't that fun?  
Like, Nah not really  
Ain't no picnic when the panic make me hit the ceiling  
Ain't no piece of cake when you feel weight that's never leaving  
Burdens on your spirit keep you down like torn achilles  
We been taught to hide our feelings, and never let them get too close  
Keep a distance, indifference and a lack of empathy the most  
Respected in these streets, forget what makes you weak  
Remember what you about baby this your legacy  
On the other hand, they got shit to help you cope  
Signatures from doctors after questioning and taking notes  
Here's a lil something you can take to help you cope  
Pop a couple, feel the trouble bubble down with every dose  
You described by what you prescribed and that's a drive-  
by into your mind, killing your character  
So when I drive by I'm looking for signs to let them know that I'm doing alr  
ight, on the regular

Cover up with a smile, on the Daily  
Pray that they don't see through the smoke  
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Is there a God can she save me  
I didn't get an answer when I spoke  
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Aunty Annie and Debbie Downer my neighbors  
They don't respect my privacy for shit, they always over

Always involved, always looking down my shoulder  
Making small things seem so large until I feel like be dragging boulders  
Wherever I am, wherever I go  
Whatever the plan, whatever the goal  
However you plan, inevitable  
However you stand, affecting your growth  
Yo I know how you feel, I feel how you know  
I know the feeling because it is universal  
You reap what you sow, and you sow what you have  
But what you have isn't always what you need for you to thrive  
And for you to keep your hopes alive, while your back against the wall fighting the demons that you hide inside  
My demons violent, but they silent  
Creep up on me unannounced till I'm surrounded like an island  
But if you think that you're alone like I did  
And face all of this Solo cause you a fighter like the pilot  
That's a lot to chew back-a  
Blacka, blacka, Blacka  
But when you out of ammo what you doing after  
No ones got unlimited rounds  
There's only so much damage you can take till you hit the ground  
I know that no one truly understands what's holding you down  
But don't you think that for a second you're the only one round  
You'd be surprised at who got your back  
Open up a little see the light through the cracks  
Cause in the end we're all just human and were dealing with that  
But How your dealing with that, is how your healing, in fact  
Your process will always be different to the others  
Share some traits here and there but what happens under the covers  
Is yours and only yours, some battles may be lost  
But in the end I hope that you and me, we win the war

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