I'm listenin'
Caught up in a web of deception
From this shit I done learned new lesson
So what cha do, you keep on playing, you play on, playa

From love to confusion You keep getting but you keep losin' So whatcha find comforting, your boozin', bosom Heart brusin', I'm the one

From the high note to the low pains You see destruction but no aftermath Only voices you hear in your head They all laugh, ha-ha, ha-ha, ha, yeah

From your denials to your delusions Everything you gain you keep loson' What you not know, this is an illusion So what the hell you're doin'

He's looking and looking
He's looking and looking
He's looking and looking
He's looking at you, he's looking at me

He's looking and looking
He's looking and looking
He's looking at you, he's looking at me
He's looking at us, he's looking at we
Ah shit, he's lookin' at me

You wake up, baby boy, but you're not sleep You test full but you're not it You're running fast but you're not on your feet And your speed is dead

You run along but you not know
You climb inside but you can't grow
Faster and faster until you fall to them floor
You screamed on but don't sing along

You work and work with no pay
You punch a clock but never end your day
You take vacation but your not playing
What we say by this time, here my friends, drink three
You cry, cry, revolution, but what you want is a solution
But you're more content with being a pollution
Jump in the motion, and ask the notion

He's looking and looking
He's looking and looking
He's looking at you, he's looking at me
He's looking at us, he's looking at we
He's looking and looking

He's looking and looking
He's looking at you, he's looking at me

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He's looking at us, he's looking at we
Ah, looking
Self love, self preservation
Self love, self preservation
Self love, self preservation
Take a look at it
Self love, self preservation
Self love, self preservation
Self love, self preservation
He's looking at
Self love, self preservation
Self love, self preservation
Self love, self preservation
He's looking at, he's looking, looking and looking
Self love, self preservation
Self love, self preservation
Self love
L O V E, L O V E, love
LOVE, love, LOVE, love
Ya'll say, yeah
You know, L O V E, L O V E, love
L O V E, love, L O V E, love
Ya'll say, yeah
LOVE, LOVE, LOVE
Ya'll say, oh
LOVE, LOVE, LOVE
LOVE, LOVE, LOVE
Ya'll say, yeah
Self love, self preservation
Self love, self preservation
Self love, self preservation
He's looking at, he's looking at
Self love, self preservation
Self love, self preservation
If you don't like your job
Maybe, you should guit stop being a bitch and love yourself
If you believe things can work out easily
I'm telling you if you don't like what your mama's telling you
Then be a grown man and stand up on your own two and love yourself
And if your girlfriend's on welfare
Then baby, walk away, you don't have to care and love yourself
And if standing on the corner and pushing them rocks up in your socks
Ain't what you want to do tonight then, love yourself
LOVE, LOVE, yo
LOVE, LOVE, yo
He's looking at L O V E
He's looking at L O V E
He's looking at L O V E
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Love yourself

What I'm tryin' to tell you here is
Life it passes you by
And if you don't get up off your ass
I'm telling you, it's gonna fly, the time's gonna fly

And you'd find yourself about fifty years old Sittin' on a porch with your grand kids But you know what, man, you ain't got shit to tell

You still live in that same-old bullshit-ass reality That was passed on down to you by your family From generation to generation to generation And you ain't got shit, man, you sure fucked up

All right, it's real simple
I mean, this is for anybody, any age, man
Get up off your ass, forget the past
And remember that the future is the only thing that you fuckin' got
So run with that shit

Shit, it's that simple, ain't it? Yeah
Love yourself, believe in yourself
Be true to yourself, be you for yourself, do you?
Caught up in a web of deception
From this shit I done learned new lesson
Work and work with no pay
Punch a clock but never end your day, yeah

You run along but you not know
You climb inside but you can't grow
You cry, cry, cry, revolution
But there is no solution
'Cause you're the pollution, yeah
Caught up in a web of deception
Nigga, learn your lesson