When I was just a young son
I would sit in the tree of my front lawn
Dressed for combat with my Star Wars gun
I'd been watching movies bout Vietnam

When I was just a teen
On the golf course green
I took LSD
I saw my whole life right in front of me
So fresh so crystal clean

When I woke up the next day
With my boys drinking 40's smokin' jays
Back to normal but not for me
I had been graced by the face or at least
The back of the knot
Found myself in a place
I could not turn the plot
I could not turn away
That was a lonely day
That was a lonely day

That was a lonely
That was a lonely
That was a lonely day
Found myself in a place
I could not turn the plot
I could not turn away

Couple years in Oregon

19 then I found myself back again
Where I feel free
In the city that's home to me
University place
Where I used to cop tree
In the square with my pen
Writing down everything
At the Nuyorican Poets Cafe
See my reflection
Staring back at me

That was a lonely
That was a lonely
That was a lonely day
Found myself in a place
I could not turn the plot
I could not turn away

Flash forward 15 years have gone by
Hair gone white but the well don't run dry
Magic in my mic that might make ya cry
When the bass drop make ya feel so fly
10,000 hours now I don't need to try
When I sink in the body it come alive
Just play the beat and the rest will fall in line
Interest I be growing like all of the time

That was a lonely
That was a lonely
That was a lonely day
I thought that was the only way
I thought that was the only way
Now all my days are no longer gray won't you send some love my way
Send some love my way