

Lay It All Down

Michael Franti & Spearhead

We all got problems
We all go through a little bit of pain
We try to solve them but they always seem to find a way
To take away the sunshine
But sometimes you can't outrun the rain
So let it wash over you
Take a chance
Let it wash over you
You can dance in it
And if you need to you can fall down in it
Crying away those tears

And through the highs and the lows
One thing I really know

If you're feelin' broke down in the middle of the road
Still got a long, long way to go
When you're feelin like you lost control
The whole world's got a lockdown on your soul
Don't overthink it, don't overdrink it
It's really simple at the end of the day
Just let your mind go it'll be fine so
Lay it all down, let it all go away
Lay it all down, let it all go away
Let your mind go, it'll be fine so
Lay it all down, let it all go away

We all need a family
Not just the ones that you were born with
But the ones who are there for you through the thick and thin
Pull you outta the cave when life is caving in
And call you on your bullshit when you're full of it
That's what a real friend does, yo
Through the breakups through the makeups, yo
Through the face plants to the last dance, yo
And party with you when you really need to let it go

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