

Peace and Build –Check up from the neck up

Hook: Peace and build, gratitude with just yourself and chill (4 times)

Checkup from tha neck up before another break up

Set your rules beyond the fools we all admit so fess up

God's law sow and reap accepting it's a setup

No message without a mess but don't forget before a mess up

Yeah that would save a lot of divorces course it would

calmin down listenin to inner cheese forces

same as always lookin' outside the self to change sources

slow n' steady good already not so many courses

Back to the center of U till you're happy

keep a sense of humor bout' whatever it is laughing

looking for love in all places troubling and sadly

upsets the way you peace here's a song for backing

Different world inner air making way to action

Momentary physical'll trick ya think ya you're lacking

genital confusion trippin' to distraction

Dwellin on another till it rips away your traction

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