

Hey guys, so very important message out here on this part of town.

I thought that learning to play the guitar and doing the faith based vocalizations

Were a way to “re-align/adjust the mind body”. Well, without some physical therapy or

Yoga stretches, I was about done for. Thanks to our collective, we have been able to stretch

enough to day to be able to write this note. It still took about an hour to get out of bed today, but I pray

less time for tomorrow. Thank God.

☺ The bombardment of the haters is still a drag even though a lot don't

think it effects us, but It does, through other people.

But if we can feel better and re-align/re-adjust, it's less

of a life/death thought cycle in our “sphere”. It's just terrible how that happens. We are positive people.

WE all have different skins and all shapes and sizes. That's fundamental to our relationship in the

“change the world through music/art/education” business.

O.k., so our assignment for each other, a mutual obligation to feel better, is to maintain a routine of

physical therapy/yoga alignment every morning. (Unless you already do that, and thanks for being that

person who helped today.) ☺ you kept the torch lit. Big time....we have to stretch the muscles daily or it

will hurt later. (says.. our physical therapy expert. They said it, and it went in one ear and out the other.)

☺ That's humans for ya. Learning the tough way, but this time we gotta remember.

(it takes a lot of patient physical therapy work)

Remember that some folks will use our energy to stretch themselves and then we get stuck with

whatever the condition may be. You can tell, when your stretched are not allowing the alignment

(gentle pop) Be very careful with yourself, and consult an expert online or a physical therapist please.

(Thank you. From Early Good.) Stretch and zap as needed (swatting the rug)

Zappin along (lyrics)

Intro – Peace, so first of all we want to thank God, and Early Good and the people who look out for us in our dreams. We love you, God bless you. Peace. We understand that people want to believe that something miraculous is happening. It is. Believe. We're believers, peace.

Verse 1 - On a pilgrimage to a simple place

Gotta stretch daily, and close the case

At my own pace, bigger than the race

God's grace, haste is waste

Mythological narrative expanded frame so gotta upkeep with the health to be candid

Worldwide neighborhood, no more nebulous hate to be confused, case closed even if we planned it

Callin out tha wishwash, stay grounded, hope has landed, pray they learn respect understand it

G O D collective keep the daily zaps and health teams, mental wars we hate the haters they inflict the healthies.

Busting the locks for peace. Freedom from excruciating exonerated too much tolerated, we gotta keep our zap mentality. Serene almost dreamlike, but it's really reality.

Chorus – Zap, train, rest away in something out of nothing feelin better live patience all the same (4 times)

Verse 2 – slow down, ease the frown or scoundrals rush ya ta bits

Swat it like a rug, imagine time on the toilet sits.

Rest and therapy loyalty family spring clearing, ears or not, always near, our team never trips

Mental battles praying for 9-5 fill ups at awards shows

Cruising along on tha beam just a nut hope the world knows

No more case to close, it's shut tight but relax the body

Muscles need to breathe so rest and train so the blood flows

Organize our thoughts over time beyond the pain

Possibility we're o.k. living or dying, salvation's the same

Had to zap, don't hate us for it, it's survival, tried to explain

Keep blessin hair on the chest confessin XBD's, and son shower rain

Self motivation so many things out here in the bricks we be

Industry it's a beast give and takes it'll be tamed we see

Schooled by the word nothing new lived in heard death for health

High fives and smiles and peace, laughs for free

Chorus – Zap, train, rest away in something out of nothing feelin better live patience all the same (4 times)

Outro - So peace guys, and careful of the ventruilquizm out there don't get too busy with em, keep zappin everyday, maintain, remember "in my own self kitchen", what we cook on the inside is what we got. Also peace and blessings to my brother and tha Riddlah, and our Conscious Commercialism brother, we love you man. Peace out there y'all. Onelove.