

# **1991 Get Out Music**

**BY ALAN J. RUDNER**

RUST IS THE COLOR  
SAYS IT ALL  
THE RISING SUN  
ALL ELSE WILL FALL  
LIKE CRUMBS OF BREAD  
LIKE GRAINS OF SAND  
THE DESERT  
THEN  
THE PROMISED LAND

## **WHY THE PANIC**

why the panic for god's sake  
you must leave all you cannot take  
a single thing a single thought  
at the end all comes to naught

all the things we leave behind  
include our deeds include our mind  
the ego just disintegrates  
there's nothing left at heaven's gates

your only job is here and now  
without pretension or a bow

so clean the heart - eliminate  
all the worry violence hate

and leave you ready  
leave you true

to meet your maker  
when you're through

## **YAK**

hit him again you son of a bitch  
we all know you're stupid  
we all know you're rich

you play with their fears  
as you pee in your pants  
you're frightened of everything  
from elephants to ants

you don't know what's inside  
what's outside what's up  
you know what is down  
but that's really too much  
to hold it together  
for longer than dust  
you're not even sure  
of your mother to trust

so out with the guns  
and out with the fists  
and out with your lies  
that are clear as a mist  
that's been building so long  
that nobody saw  
it's reaching the neck  
it's reaching the jaw

so, high in the mountains  
if you can learn to survive  
so the mountain can kill you  
without the right vibe  
so you'd better be straight  
and you'd better be true  
or the mountain will get you  
before you are through

## OH MY FRIENDS

oh my friends my children  
oh my father saints  
that the truth be known  
lest we not be faint  
oh my friends my children  
that the truth be known  
shall we not forsake  
indications shown

oh you know my dears  
how we're one big whole  
many parts are distant  
we must pay the toll  
must go back to simple  
as far as we can  
only there start your work  
as a three centered man

you'll need help for a while  
as you hold back the beasts  
while they strain at the leash  
as you venture a peek  
while you witness the struggle  
within and without  
with three eyes on the issues  
without any mouth

when you give up the right  
to complain of the state  
as you balance your functions  
as you get your lines straight  
you remember your aim  
to be one with the all  
and refuse to identify  
with the mess in a fall

cont'd >>>

oh my friends my children  
oh my father saints  
that the truth be known  
lest we not be faint  
oh my friends my children  
that the truth be known  
shall we not forsake  
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you've heard that it's  
upside, inside out  
you know you've been lied to  
you've heard someone shout  
but the point of this story  
is not to regret  
but to clean up your heart  
so your head can repent

so to feel your body  
in pain and in joy  
infuse it with love  
and from there redeploy

oh yes it's been said  
that your mind is a drag  
but my friends that's because  
of its interest to brag  
it's busy with chatter  
within and without  
explaining itself  
in continual doubt  
it was fed on the violence  
it was fed on the lies  
and now it must turn  
to a word from the wise

not to believe  
or accept blindly you see  
but to quiet the storm  
in the heart and body  
the fatal mistake

cont'd >>>

of our marvelous minds  
is forgetting the parts  
that have stepped out of time  
of taking it all  
from a pragmatic view  
without heart or senses  
to check what is true

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now this thing  
that we move in  
this thing  
that is seen  
our beautiful bodies  
magnificent being  
it was taught to perform  
it was taught to produce  
dissipate all  
its valuable juice  
now it's time to conserve  
now it's time to relax  
and let it participate  
with a view not a pass

oh my friends my children  
oh my father saints  
that the truth be known  
lest we not be faint  
oh my friends my children  
that the truth be known  
shall we not forsake  
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## **GOOD NEWS**

in heaven  
there ain't no jews  
there ain't no christians too  
no moslems buddhists hindus sikhs  
there could be me and you

even that is doubtful  
as god is one in us

when we reach his resting place  
there's only him  
just just !

## REAP WHAT YOU SOW

it's never too late  
but it's also a fact  
you reap what you sow  
can't change the act  
once you've set it in motion  
any string of events  
will move to conclusion  
from the source of intent

like: if you wish to have money  
and also to love  
your mixed bag of tricks  
ain't as white as a dove  
the fear in the package  
will sure have its say  
like eating some shit  
that's mixed in the hay

should you really want peace  
you can't compromise  
must have faith in the lord  
who dispenses the prize  
keep the water as clean  
as a fresh mountain stream  
and stick to your aim  
in the midst of a dream

## **WAR ZONE**

i've come from a war zone  
there's fighting going on

the children's lives are on the line  
the blood's upon the ground

the people, stuck in dreamland  
with all the glory, pride

they cannot move  
they cannot think

and scared like hell  
to die

i've come from a war zone