



You got to watch yourself on skid row.
Because skid row will let you know.
You'll be down in the dumps before you know.

Before you know how to stay a flow.
Stay strong in spirit, body and mind.
Keep the mind clean with positive thoughts.
It starts with the spirit, the indwelling being.

The indwelling spirit will guide you on your
Journey through the physical material world.

If you listen.

After the spirit, come the body. It is the temple
for the spirit.

Modest cloths to cover the body.
A place you can call home.
And home is your space as you travel
through the physical material world.

If you want these things.
Then want them for others.

Real love is wanting for others what
you want for yourself.
Help yourself by Helping others.
Give and you will receive.

That's why skid row will let you
know that it is
Just a temporary condition.

A twist of time.
Make you strong in spirit and mind.

Skid row.
Don't you know?
A depression is Right at the door.
Let them know, skid row.

What are you trying to do?
Adjust to this madness.
Or are you just marking time,
waiting on the madness
to adjust.

Skid row will let you know.
A spotlight turned
on history.
The legend of uncontrolled greed.
At the expense of those in need.

Skid row will let you know.

Religion on the run.
Robbers without guns.
Skid row will let you know.
Get up off the ground.
The next generation is still around.
They need you.
Ask them for plans that are sound.
Get up off the ground
And help the next generation save a failing nation.

Things are hard and money is tight.
I don't even know where I am going to
sleep at tonight.

Well there one thing for sure.
There is a message on skid row.
And the message is skid row will
let you know.

*From the play, **Surviving The Nickel**, written by Melvin Ishmael Johnson*