

LMNZ – MG

<https://www.worldwide-rap.com/music/mg/>

rough translation :)

Track 1: Gestrandet / Stranded

Verse 1:

Never wanted to be the best, just say what I feel
Have fun with language, rhymes with attitude
I love megalomaniac ideas
people need stories
they can't understand (feel) the numbers (statistics)

In the last few years I've seen a lot of tragedy
Some things I can't get rid of no matter
how much I talk
No matter how much I read
And no matter how much I give
Some of my wishes will never come true
but that's okay

I've decided to get off my hamster wheel
And watch from the outside as my mind keeps spinning

Pain my best teacher, pushes me on the lessons
until I get it, looping the same section
Trying to stay positive while I am trying to gain hold
A speck of dust on this globe floating in space

Hook:

Stranded on this planet
I want to survive here for a long time
Mustn't think too long
Everything spins fast till it crumbles anyway

I'm kindly asking you to raise your hand here
All that is can quickly pass away
We're drawn to each other like magnets
What's left in the end are the real vibes

Verse 2:

So many great people and so little time
Over the years less be chillin with yours truly
Cause I set more boundaries?
Because now I don't know so little either?
Or maybe
because some sides of me weren't always so nice?

Better leave the unsolicited advice alone
Just because I think something is right doesn't mean it has to be like that

I have many goals, so it often narrows me down
if you give me love, then please don't limit me

You don't have to be afraid
I like you, try to show my appreciation
If we pull ourselves together, we can make it and end the suffering.
It's interesting to identify the attachment styles

Why does one behave like one does?
Where do you get blinded?
What is good for me? what is good for you?
Where do we set boundaries
How to deal with triggers
Without hurting each other in the end
Our actions have consequences in the future or now

Hook:
Stranded on this planet
I want to survive here for a long time
Mustn't think too long
Everything spins fast till it crumbles anyway

I'm kindly asking you to raise your hand here
All that is can quickly pass away
We're drawn to each other like magnets
What's left in the end are the real vibes

Track 2: So Viel / So Much

Verse 1:

5 a.m. I can't sleep,
I'm hearing screams outside
my thoughts are racing
Normal scenes during the pandemic
Only psychopaths out there
I can feel the energies

Fewer people outdoors
Only the lost souls
trying to only choose wise words while rhyming today -
But that's "Neukölln" style
How many live in the area...
I wonder what happened to them
What kind of demons torment them...

So much senseless violence here in the neighbourhood
In this crisis, the blessing in households hangs even more crooked

So much senseless violence here in the neighbourhood
Violence at home, violence outside
Trauma runs through you

Wrong place, wrong time;
Whether you're looking for it or not
In any case, you'll find a fight
Whether night or day
The walls are thin
My neighbors are awake
We can't sleep tonight

Hook:

So much is raging out there
so much is raging inside of me
the world keeps on constantly spinning
I need to ignore it
I have to control myself
I need my sleep since tomorrow is another day
and I have to function
so much negative shit
comes up and not only inside of me
intrusive thoughts -
the shit keeps coming back
other images are missing,
amnesia leads to speculation,
how many people I love
will I still have to lose to trauma?

Verse 2:

I remember many screams
Especially one day
That seemingly was nice
beautiful how the sun was shining
My hands full of stuff from the hardware store
Crossing the street, not prepared for what's lurking

In the middle of the street a guy runs towards me
I'm hearing women screaming in the distance, it sounds bad, well...
Normally that means the homey has stolen something
But I don't see no cell phone, no bag, this doesn't add up

The guy wears shorts with no pockets, hands empty
Runnin' towards me, he's gettin' closer and closer
My mind's racing, comes to a fucked up conclusion:
Do I attack a stranger without knowing why?
And
What about the bags in my hands they will slow me down
If this ends in shit,
I don't think of letting them go
5 seconds to go before the hard impact
Fuck it, it feels right when I stop him for now

Hook:

So much is raging out there
so much is raging inside of me
the world keeps on constantly spinning
I need to ignore it
I have to control myself
I need my sleep since tomorrow is another day
and I have to function
so much negative shit
comes up and not only inside of me
intrusive thoughts -
the shit keeps coming back
other images are missing,
amnesia leads to speculation,
how many people I love
will I still have to lose to trauma?

Verse 3:

Crash, he bumps back, is irritated
He reacts, runs to the left, I follow behind
A dude from the bar on the corner blocks his way
He gets a knuckle sandwich, blood splatters, the guy is dismantled

The guy sprints into heavy traffic
2 guys with biker jackets and I are racing after him
One of them gets a hold of him, throws him against a truck.
Applies a grip, has him, unbelievable

Quickly a crowd gathers around him, wants to lynch him
His naked ass is hanging out of his shorts, I must cover that up
Throw something over it, shout loud, before he gets massacred
"Let's see what happened first"

Run up around the corner where I heard the women scream
And now all I hear is stunned weeping
See a second crowd around a baby carriage
I find out he hit the little child lying in it!

In the face, with full force with his fist
It twitches in my belly
When I was in the middle of the street
I heard this loud blow
Trauma for many
The mother just wanted to enjoy the nice weather

Damn, we spot the cops
After they hear what happened
They are visibly shocked
The 2 bikers still there, I address the cops:
"no matter what beef you have otherwise
Please give it a break

The 2 here have behaved exemplary
Without them we would never have stopped this guy".
Cops make their notes and I get out of the way
Call my homey, my legs are really slugging

And here I am rhyming about you and your kid
Without a fuse, how shitty I find this all
I wish what happened was only a worse dream
I hope you will always get support whenever you need it

Hook:
So much is raging out there
so much is raging inside of you
the world keeps on constantly spinning
You need to ignore it
You have to control myself
You need your sleep since tomorrow is another day
and you have to function
so much negative shit
comes up and not only inside of you
intrusive thoughts -
the shit keeps coming back
The story makes aggressive
Just one story of many
How many people that you love
will you still have to lose to trauma?

Track 3: 24/7

Verse 1:

Tinnitus, tinnitus 24/7

No matter what I do

I hear beeping all day

This has been present for half my life

you are like family

I get along with you often

Sometimes you annoy me a lot

Formerly constant on one frequency

Today on many

Unfortunately it doesn't sound nice

There's no harmonies

I'm just sharing what it's like to wear my shoes for a day

I wish for nothing more than having peace for a moment

What do you want to tell me?

People search for meaning behind everything

Part of me thinks:

Listen carefully, your body wants to tell you something

Part of me thinks:

How stupid I find it

In a world full of arbitrariness and chaos

Some thoughts are constricted in pathos

But hey, if a part of me believes the former - I understand this

Because that makes so many things easier to bear

Hook:

You don't see how we suffer

We don't show you

Are pros at dressing up

Watch what you're talking about

I hear your judgment

But do you trust your point of view?

You're lacing so many pieces of the puzzle

Verse 2:

Concerning treatment options good news are rare

The route to good days is flooded, bathing in pain

Without good cards, no ace up my sleeve

Without a plan where the treasure chest is waiting that provides relief

To keep me away from suffering

am I bring too dramatic?

Maybe it has something to do with my job

Hearing the devil pawing with his hooves

Hearing the the honking cart drive into a pit

Too loaded to still ship hope

Despite everything, I've been keeping calm for years
Am I being too pragmatic?

Listen to me arguing with myself
Maybe you will take more with you than you did
while doing your homework in a unconcentrated way back then
To be honest, I'm scared
I love nothing more than music
My sense of hearing is my treasure

That's why I started broadening my career path
Because otherwise there's a big risk that I'll fail without money
But I can also understand many
When the shit gets worse
One day I will commit s...

Hook:
You don't see how we suffer
We don't show you
Are pros at dressing up
Watch what you're talking about
I hear your judgment
But do you trust your point of view?
You're lacing so many pieces of the puzzle

Verse 3:
What I sing in the hook also applies to me
Judged too much, without a plan – blind despite having my eyesight
Had the best of intentions, I feel guilty
Need more patience, although I am already very patient

But back to the beeping
Ask my sixth sense
Maybe it beeps because I'm a high achiever
restless
I am seldomly satisfied
Reversed roles
Taught my dad to read and write again
I don't know how deep that went

The other day there were scraps of memories from my childhood
When I think about it, I feel horror
The wall next to my bed is completely covered in blood
Because many nights I banged my head directly against it

But I can only speculate what the reason was
I've learned to accept and ignore the tinnitus
That I'm really desperate is a rarity
my name has been sitting on the waiting list of Charité for years

Hook:
You don't see how we suffer

We don't show you
Are pros at dressing up
Watch what you're talking about
I hear your judgment
But do you trust your point of view?
You're lacing so many pieces of the puzzle

Track 4: Dunkler Schatten / Dark Shadow

Verse 1:

There's a dark shadow that runs through your life
Ice cold faint flowing through your veins
Who impales every air bubble with its spear
On your shoulders a burden that weighs a great deal

Unfair war of nerves
Wherever you look, there is a barrier
I understand why there is this emptiness inside of you
Your courage to live is dying.
The truth was buried
Underground deep in restricted area
– was so quiet for a long time
Now the noise zenith is suddenly here
memories comes back
And they scream so shrill

You are ruled by shame
She tattooed you
"It's all my fault"
She rams the shard deep
into your soul
Going insane from this pain
So that you can no longer see how
adorable you are

Hook 1:

So lovable
How strong does a person have to be?
So lovable
How strong can a person be?

You can't help what he did to you
It's okay that that threw you off course
I'm sorry that there was so much pain on your path
How many more are like you? This is a memorial

So lovable
How strong does a person have to be?
So lovable
How strong can a person be?

He committed a crime, the result plagues me
Since there is still no tribunal
I'm so glad you didn't hurt yourself
Otherwise I would never have gotten to know you

Verse 2:

This dark shadow is spreading
Sitting at the table with you
guts you
you do not know what to do
are you just imagining it all?
who can you trust?

fear of loss
fear of confrontation
Panic & Depression
You are already afraid to go outside the door
how should you look for a place on the therapy treatment list like that?
Everything seems haunted by the worst curse
With luck you found a place on the treatment list
Where the chemistry is right and there's a fitting competence
It turns out you didn't imagine anything
All pictures are correct
You can catch the ghost

This dark shadow is spreading
You find the courage to share
But nobody wants to believe you
Because then their perfect world would collapse
You hear: "You're imagining it" instead of "Let's stick together"

Everyone goes through the stages of grief
That makes it hard for the victim,
static walls of tragic duration
Anti-depressants cover panic shivers
No power at all

Still chewing through years later
and shouldering the pain of others
Until you are finally believed
The perpetrator admits parts
You take yourself out of victimhood
And regain control of your life

Hook 2:

So lovable
How strong does a person have to be?
So lovable
How strong can a person be?

It's not their fault what he did to you
It's okay that that threw y'all off your course
It's okay that nobody suspected anything about this
It hurts so much that no one saved you from this

So lovable
How strong does a person have to be?
So lovable
How strong can a person be?

I cannot make sense of it all, it bursts the agony scale
How can you do something like that that as a father
I'm relieved that I didn't do anything to him
And that someone suitable was there for you in therapy