

THE C M A I N



**LIFE
STARTS
NOW**

1. Life Starts Now

Music – Shoman
Lyrics – Shoman

Everyday I wake up
To the same great song (Wamkelekile)
I've learned through years of work
I've been doing it all wrong

Throw away the work week
Settle in to every day
Enjoy the moments
As they all come your way

Pre-Chorus
Watch the children as they all play around
Notice what you've lost and what can be found

Chorus
Life starts now
The race is time as we go through the years
Don't let it disappear

I don't wait for the weekend
I play hard every day
There's more to life
Then waiting for Saturday

Listen to some music
Share a drink with your friends
It's those memories
That remain in the end

Pre-Chorus
Chorus

The day has ended
Think back to what you've done
Is it the same old day
Or did you have fun

Pre-Chorus

Chorus

2. O.C.M.D.

Music – Shoman
Lyrics – Shoman

Chorus
Ocean City bound, this is where it all started
Driving through town, all destinations charted

Street lights, pretty faces
Got my girl, we'll run the bases
Insane nights, lot's of action
Ocean City my main attraction

Here comes the night, here comes the sound
Heres to everyone around
Grab a drink, slam it down
It's time for another round

Chorus

Great bars, great bands
Short skirts, perfect tans
Beach bodies, in the sand
Ocean City, you understand

Here comes the night, here comes the sound

Cruisin' coastal, round and round
Music playing, girls be strayin'
Everybody's out surveying

Chorus

3. Now And Forever

Music – Shoman
Lyrics – Shoman

To the crazy nights
And crazy fights
All the time you were always right

To the day we met
And the things we regret
All the moments that I'll never forget

To all the nights that I made you cry
And the times I was the bad guy
You still chose to be by my side

To the days of broken dreams
All the roads in between
Everything is just what it seems
Here we are, Now and forever

To all the laughter
And disaster
All the times we had to be actors

To the good times
And the bad times
To wondering what if sometimes

To all the days of heavy hearts
And never being torn apart
We stand as one side by side

From our famous ocean ride
To the time we went outside
All the nights we shed our pride
It's you and me side by side

You were mine at seventeen

4. My Nightmare

Music – Shoman
Lyrics – Shoman

It was in the night when I heard the cry
The scream, the shadow, I saw go by
Awaken by the early light
A nightmare coming to me in the night

Pre-Chorus

Then the night turns into day
I awake on my knees and start to pray
All my nightmares go away
But they'll be back for me someday

Chorus

In the night
My memories play a game
I see those faces I know without a name

The fear I felt was all so real
This place, the sounds, they're all surreal
My heart raced as the moment builds

I awakened before the final kill

Pre-Chorus

Chorus

5. Farewell My Son

Music – Shoman
Lyrics – Shoman

It's time for me to say goodbye to you
I will miss seeing all the things that you do
Don't worry about me, I'll still look in on you
Like the shadows in the sunshine, I'll always follow you

Our journey together has now come to an end
In life and death some things are hard to comprehend
Don't let this moment steal the smile on your face
It's the one thing in life we can all embrace

Tonight I must leave you behind
It's now your place and your time
I'm happy to have seen you grow up
And be a son of mine

Chorus
Farewell my son
I'll see you later (Farewell)
Don't cry for me
Do me that favor (Farewell)
Farewell my son (Farewell)
I couldn't be prouder
You've given me (Farewell)
All that matters

As I close my eyes I see memories of the past
It's time for me to go, so I'll make this moment last
All the times we spent together I'm very thankful for
I wish I had more time, so we could have more

Tonight I must leave you behind
It's now your place and your time
I'm happy to have seen you grow up
And be a son of mine

Chorus

6. Coming Home

Music – Shoman
Lyrics – Shoman

Two weeks with sun riding on my back
Powder loaded with the shells from the ammo rack
Do my duty as the threat level starts to rise
All that's on my mind is the one with bright blue eyes

The hour is near, excitement builds
On nature's drug, no need for pills

Chorus
I'm on my way back home tonight
Everything gonna be alright
My destination's in my site
It's gonna be one hell of a night

Truck is loaded as I head straight out of town
Music playin' as I coast with the pedal down

Open highway for a one way ticket ride
Street signs lit up acting as my guide
Seems like forever was yesterday
Not going to waste this night away

Chorus

I'd walk forever for you
It's now our time to start a new
Another chapter in life
I'm coming home to make you my wife
Chorus

7. *Can't Let Go*

Music – Shoman/Hart
Lyrics – Shoman/Hart

Every night I try and move farther away from
everyone
I've cherished each and every day, but told no one
I have traveled miles far, far away
But you found me, all alone by myself in misery

In the shadows I try not to give up and let myself
give in
Each day a step away from life, but I'm livin'
My footprints make a trail that cannot be seen or be
followed
Even though I walk this road, my soul gets
swallowed

In the darkness I see the light
Memories like fireflies in the night
Slowly the light fades to black
There is no coming back

8. *Under A Spell*

Music – Shoman
Lyrics – Shoman

In the morning the sun came up,
I looked over my shoulder and said what the
There she was laying in bed
I should of dropped her off last night, but brought
her back instead

She put me under a spell

It all started with a drink last night
I was with the boys till I saw her dressed in white
She caught my eye right away with a smile
The girl was awesome so I stayed for awhile

She put me under a spell

Chorus

I don't know you
And you don't know me
Let's get outta here
And get crazy

Shocking blue eyes, just mesmerize
Long dark hair, under night skies
I never knew I was under a spell

I got her name and bought her a shot
We started talking then went to the parking lot
She grabbed and pulled me in close to her
She wrapped a leg around me as I went for the door

Before I knew it, I was under her spell
It's been 10 years and now I'm in hell

Chorus

9. *To The Fallen*

Music – Shoman/Hart
Lyrics – Shoman

All families unite against the rule of the land
A fight against oppression and foreign command

The 13 rose up with one goal in mind
A nation united and a country defined

Chorus 1
To the fallen
Let's remember their days
And what they fought for
As they went to their graves

Considered insurgents out numbered and few
They took up their arms to create a future for you

Chorus 1
Chorus 2
To the fallen
And the decisions they made
Acts of valor
And courage displayed

They fought
They died
They built this country
Against all the odds

At the end of the war in their finest hour
A new country emerged, a new world power

Chorus 1
Chorus 2
To the fallen
And the red, white and blue
To the heroes
Who gave it to you

10. *Bi-Polar*

Music – Shoman
Lyrics – Shoman

Psychotherapy and medication
Ingredients to my foundation
Hypomania and depression
Prevents my senses from all comprehension

Stabilize, no suicide

Don't want a future and to forget the past
Maniacal, how long will it last
Sadness, guilt, anger and isolation
This is my world, my damnation

Chorus
My mind is set on overdrive
There is no place to run or hide
Hallucinations and impaired judgement
Another victim of cerebral torment

Sleep disturbances and psychosis
Anxiety with no state of bliss

Stabilize, no suicide
Once a kid with shimmering glow
Now forty-five with nothing to show
Sadness, guilt, anger and isolation
This is my world, my damnation

Chorus

I've now come down and want to cry
I wanna to tell the world goodbye
But here I go again, thoughts moving faster
This is my world, this is bi-polar

Chorus

11. *Here's To Forty*

Music – Shoman
Lyrics – Shoman

Here's to forty and the times that we've shared
Here's to forty and the times we've been impaired
Here's to forty lets line up the shots
Here's to forty she's starting to look hot

Here's to forty and hanging with friends
Here's to forty our party will never end
Here's to forty just pass me a beer
Here's to forty to another great year

Chorus
The party's not over
There's great times ahead
So have a few drinks on me
And I'll put you to bed

Don't worry about tomorrow
Raise a glass and toast to the day

Here's to forty and a look at the past
Here's to forty making all the moments last
Here's to forty they say life begins now
Here's to forty stand up and take a bow

Chorus

The party's not over

