Self Mastery

Afu-Ra

The key is self mastery, mentally and physically
Escapin' dramas, plaguin' the world, it's never easy, G
Society is straight up, set out to hurt you
Indirectly, with God logic it's diabolicLet me kick it most importantly [Incomprehensible] trick-nology
Leave that similac alone, breast feed your seeds
The gift of motherhood, you pass on your antibodies
Defense against sickness, unwanted virusRealize we came to this land by savage pirates
Never migrated, forced dehydrated
Instrumental tools, so knowledge dilapidated
Forced to bring it back, the most high heals the woundsFrom the time you conceived to the day you lay in tombs
Re-educate thy self from spoken fables
Descendants of the kings and queens who made it stable
Whose anatomy contains royal genealogyYou're no the minority, the unseen majority
Communicatin' brother to brother before a dialect
Developed longevity, built the first community
Understood the science of healin' through herbologyFirst open heart surgery was under King Zoasa
Erectin' pyramids, livin' off the Nile River
There's so many unknown facts about self, I shiver
I stop a second, think to myself, it make me quiverI must reach right inside of the self and just deliver
Rays of light of the Sun through the stratus
Peace as I release this apparatusMastery, mentally and physically
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