

# I Can

## United Kingdom

Children of the Sun  
What's goin on?  
This is Jehst, MC's is on the beat once again  
For those that know - and those that don't  
Bliss n Esoteric, Izm  
Yeah, we keep it moving like this  
I can do this, I can do that  
I can make myself break out of the track  
But thinking I can't do jack  
Now the only thing I can't do is hold back  
I can globe trot across the whole map  
Rock a show, make the whole world soul clap  
I can snap shots with my Kodak  
Spiral the hydro blow back, machine gun funk  
I can smoke a whole rainforest in a blunt  
I can space travel when I got it in my lung  
Clouds, step planets, spitting hotter than the sun  
Faster than a bullet from a gun  
With the logic of tongue, squashing beef before any killings done  
I can chill on one, blood on a vibe  
Talking to the earth mother,  
Now I'm on the other side  
Stare God in the eye till my vision is blind  
Cuz the sun is the God and the wisdom is the light  
I can do this, I can do that  
I can make the whole map react from where I be at  
I can do this, I can do that  
I can make the whole map react from where I be at  
I can do this, I can do that  
I can make the whole map react from where I be at  
I can do this, I can do that  
I can make the whole map react from where I be at  
We can fly tons of steel through the sky as an airplane  
Sh\*t we can move mountains with our bare brains  
Ambition is the call to fight for me  
I don't have to join an army to be all that I can be  
I can call it how I see, I can exercise free speech  
I can walk the beach with the fresh sky sea breeze  
I can track my path in the sand through my footprints

I can capture life's garden in a books ink  
They pin us with the cruel thumb of fear  
But I can see their game and the truths coming clear  
I can feel the rain like cool summer tears

And I can come back in a few hundred years  
Look at our track record, our favourite high achievers  
The common thread is, I can all bright believers  
I can hurdle every single obstacle  
With training, man your optimal  
And anything is possible  
I can do this, I can do that  
I can make the whole map react from where I be at  
I can do this, I can do that  
I can make the whole map react from where I be at  
I can do this, I can do that  
I can make the whole map react from where I be at  
I can do this, I can do that  
I can make the whole map react from where I be at  
We can send people into space  
And use laughter as medicine  
And drop bombs behind the mask of a president  
I can see through the lies of the government  
I can hit rock bottom and then pick my self up again  
I can free myself from being tied up in prison  
I can go the distance  
I can mindfu\*k the system  
I can pick the lock  
Crack the code, ship this off, stack the load  
You can find me on a misty dock packing cones  
But I'm high without the pleasures of a drug  
And I can change my girls mood with a gesture of my love  
I can master my courage to fight another day  
I can bend that spoon that tried to run away  
I can tame the rage of a cage full of primates  
I can spit with Jehst  
And put the H in the right place  
So, I guess it's safe to say now  
I can fall down the rabbit hole and make my way out  
I can do this, I can do that  
I can make the whole map react from where I be at  
I can do this, I can do that  
I can make the whole map react from where I be at  
I can do this, I can do that  
I can make the whole map react from where I be at

I can do this, I can do that  
I can make the whole map react from where I be at  
Tryin to move forward  
Positive frame of mind

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