

## Self Mastery

Afu-Ra

[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 up to hurt you  
Indirectly, with God logic, it's diabolic  
Let me kick it most importantly trick-nology  
Leave that similac alone, breast feed your seeds  
The gift of motherhood, you pass on your antibodies  
Defense against sickness, unwanted virus  
Realize 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 wounds  
From the time you conceived, to the day you lay in tombs  
Reeducate thy self from spoken fables  
Descendants of the kings and queens who made it stable  
Whose anatomy contains royal genealogy  
You'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 herbology  
First 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 quiver  
I must reach right inside of the self and just deliver  
Rays of light of the Sun, through the stratus  
Peace as I release this apparatus

[Chorus]

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