

I'm in my crib feeling blast  
Early afternoon session and my homies just left  
All of a sudden started feeling mad stressed  
Like an elephant was standing on my mother f\*cking chest  
Now I start to panic and the game took in false  
Agitated by accelerated rates of my pulse  
I called up my lady like I think I'm dying, hon  
She said, get off the phone with me and call 911  
I tried, cause shit was really faded in a hurry at this point  
The numbers on my phone was all blurry and shit  
But by the grace of god I managed to dial  
And told them please send somebody to my crib right now!  
I knew that that's the only way that I would stand a chance  
I'm a rider, but now I'll be riding in an ambulance!  
They found me face down on a pavement  
Probably thinking about my tombstone engravement  
Vague memories were begging for resistance  
They said they couldn't help me  
But we're just a short distance from a hospital  
Mass general, class medical facility, incredible professional abilities  
Next thing that I remember was my mom's voice  
Ain't she in VA and holding my hands  
My aunt Joyce, what's going on?  
How long have I been strapped to this table?  
I wanna speak, but the ventilator makes me not able  
I'm hoping that is just a nightmare  
But every time I open my eyes I'm right there  
Tools and machines everywhere, I guess they're helping me survive  
Well, at least I'm alive!

Been down, been down, now, now I'm back  
Been down, been down, now, now I'm back  
Been down, been down, now, now I'm back  
Never felt more alive

A so called heart attack  
Got you brother acting, ICU  
You almost murdered me  
It's time for a emergency, surgery  
In and out of consciousness, doping me up  
Not knowing they're about to call, open me up  
They couldn't hesitate, they had to saw through my chest plate  
It's sort of wild how they fix my aortic valve  
Artificial parts and wires will take months to heal

Now it's for real when I say that I'm the man of steel  
Friday the 13th, the day that I won't be hating soon  
Cause friends and family was pondering in the waiting room  
Words spread quicker than a stronger aroma  
Roumer was that your boy was in a comma, yeah!  
Shit was serious, of course I was oblivious  
Damn near frozen, but not decomposing  
Best friend in my ear saying I'm the chosen one  
The resurrection, far from the dead direction  
Cousin hugging my arm for what felt like days  
For all the love I was amazed  
Then the docs finally let me know that I would survive

I can't believe I'm alive

Been down, been down, now, now I'm back  
Been down, been down, now, now I'm back  
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Never felt more alive

Trust me all, the shit does not tickle  
Tubes buried in my belly steady eatin' popsicles  
IVs and catheter felt like I was massacred  
Thanking God I'm not the one they had to buy the casket for  
But even now while I'm dropping this rhyme  
I'm recognizing if it's not your time, it's not your time!  
I went from an unimaginable death  
To smile at my homies while I took my first steps  
My head cleared when I stopped taking vicodin  
Now all I think about it is getting on this mic again  
And to each and everyone who said a prayer for me  
Shed a tear for me, maybe put one in the air for me  
All I Can say is thanks for giving me strength  
Because I truly believe you increased my life's length  
All I had to do is show some dedication  
Now all I gotta do is take a little medication  
You won't help me avoid disaster  
In the come back, better stronger and faster  
Now it's my mission to prove that I'm deserving  
Cause thanks to God ya'll and brilliant surgeons  
I'm alive!

Been down, been down, now, now  
Been down, been down, now, now  
Been down, been down, now, now  
Never felt more alive, never felt more alive