Yeah, you see this one here yeah? This one's for anyone stuck in the same state of mind as I am It's not a good one... It's a hood one If I've changed, have I changed for the worst? I come home with blood stains on my shirt Trying to fool my mum like it's April the first Just to think I was raised in a church One prays in the church, whilst trying to get my cases adjourned As far as my mates are concerned... I set pace for the paper we earn But before this I was straighter than perm Now I get more whips than slaves when they work I'll drive, you drive let's take it in turns From the cloak room, to the showroom Who thought I would go to the pen so soon? When I found out I was facing a bird I was trying to do more than escape in a search Everyday that occurred I would phone home Just to see if the jakes had returned I was on the run... now look what I've gone and done I'm only making it worse More time for the jakes do a search More crime, too late to reverse 4-5 on the waist so I'm safe and alert Like life I'll be out when the ravens emerge Next thing I knew, handcuffs, face on the curb Some say it's the cage I deserve I used to wish I could disappear off the face of the earth Now I wish I could make it commersh Talk about freedom of speech? (Huh) My nigga I'm paid to be heard! In school I never got the grades of a nerd In fact I was ashamed every term But when sports day came Gold medals is all Jay claimed, any race I was first This is just a state of mind for me Only God can change this life, set me free This is just a state of mind for me Only God can change my life, set me free Sleep how? When I know deep down there's niggas in P-Town That wanna see G found, on the ground dead 'Cause I've been crowned the best of the underground scene now Still I'm around the ends But on just one hand I can count my friends And the rest are associates... You know the type you won't see when it's beef You'll only see them when it's appropriate For example, they'll come to the rave in the car full See me and when they get in free They be like "Yo there's Dizzee Rascal"! Niggas must think that my floors are marble I ain't got nothing to give prick I still be plugging the piff quick

I'm a bad breed like I got my own cousin addicted Rough and rugged I live this I'm big in the scene But to the feds I'm just another tug in the district I'm from where manna pop the boot, cock and shoot Prostitutes on the block in boots And cops don't ever need lots of proof Just one snake son of a bitch, now you're as hot as soup Next step jail can't wait for some proper food It's alright when you got a zoot But when the buzz wears off... It's back to reality But suicide is an act of insanity So we stay trapped in a tragedy Hit road and sell crack for a salary And I'm like... all I wanna do is relax under a canopy Mum don't be mad at me

This is just a state of mind for me
Only God can change this life, set me free
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Trying to change my state of mind is a waste of time Cause' I'm living in a place of crime Where the youngers think they need iced out chains to shine Olders on the ends still ain't resigned I'm a owner of a skeng, baby nine Getting chauffeured in a Benz I'm a lazy guy My CoDee's in the pen, said he's way behind So when he comes out back to the way we grind I'm in an all black jumpsuit And because I'm an MC, I'm a role model to the young youts But I'ma be real, I've done moves, and I still do And yeah I do music but I'm still waiting for funds due And a corner to the [?] receipt, the cheque But the cheque ain't come through I guess what they told me was untrue Still some think I'm on top like a sunroof I'm in the slums where some shot and some shoot Summer comes, all winter manna slung food Rob and steal, I'm on the grind no time for a proper meal So I settle for junk food... and a bottle of Lilt I do shit and I just can't bottle the guilt Some say life's a game, well... I ain't playing for Monopoly bills I gotta be real ain't none of us winning the lottery So my philosophies deal drugs from bobby to pills That's how I honestly feel But I got bars like a wanna be built Call it my last hope This is G-H signed and concealed

This is just a state of mind for me
Only God can change this life, set me free
This is just a state of mind for me
Only God can change my life, set me free

(State of mind)
I'm so stuck in my ways
I've been like this for more than a couple of days but you know?
(Change this life)
Only God can

But I still got grams, so real
(State of mind)
I'm on these roads every day
That's the realness of it
(Change this life)
You know what? If I only I could
G-H... yeah, Nocturnal on the beat
Anti I thank you man... It's all in the blood line
Yeah