

## Up's & Downs

K.A.A.N.

You ever wonder who you are?  
No more than a human being  
If anything's possible why we stuck in this living hell?  
Why cops killing niggas and then remain free?  
Administrative paid leave to help relieve the stress  
Leave the bereaved to bleed and starve there to defend themselves  
Desensitize our minds  
Normalize the savagery so we become accustomed to it  
Useless all this falls on deaf ears  
I pray it never does  
Hopeless trying to find the light  
Hopefully this sounding right  
Singing like I'm Donnie Hathaway  
Half the way out the window  
Falling, playing K-Dot and J-Rock  
Talking about money trees  
Woe is me  
Hope I see brighter pallets  
Colors and poetry  
Master composer, he held his own like he was supposed to  
See, you ever wonder why there's have's and have-not's?  
While the have's have what the have-not's need  
The hunger pain inside your stomach like you ain't ate in weeks  
You feel it deep inside your soul, it makes you mentally weak  
Enough to drive a man crazy, change his mentality  
'Cause ain't nobody trying to starve with a family to feed  
That bill collector ain't gon' hear financial difficulties  
Proceed to cutting out the lights and turning off all the heat  
Let's face the facts  
Let's face the facts  
Let's face the facts

Said I been feeling oh so low sometimes  
(So low)  
I been feeling oh so low sometimes  
(So low)  
I been feeling oh so high sometimes  
(So high)  
I been feeling oh so high sometimes  
(So high)

I'm trying to deal with my own issues  
This ain't no bigger picture  
Looking at life different  
Control with this power steering  
I speak and I hope they listen  
My all in the same position  
One hundred percent efficient  
I'm wishing for brighter days  
I only get dark times  
A writer like Langston Hughes  
Society's in my views  
Recording these lonesome tools  
Expose and use all my blues  
The darkest of darkest hues  
Marcus Garvey, my God, and spirit, my story  
You gotta hear it, my story

You gotta hear it  
I said my story, you gotta hear it

Said I been feeling oh so low sometimes  
(So low)  
I been feeling oh so low sometimes  
(So low)  
I been feeling oh so high sometimes  
(So high)  
I been feeling oh so high sometimes  
(So high)