

Fool up in the air  
Now you in the know  
Silly thing you thought you  
Had it on track  
Didn't know a thing  
Didn't know a thing  
So what's the truth if you've been  
Wrapping shit in gold  
Hope is cool and all  
But where the hells your focus

I guess you gotta get down before  
Before you lift yourself up  
Yeah you will lift yourself back up again  
Ay I guess we gotta get down sometimes  
Before we lift ourselves up  
Yeah I'ma loft myself back up again  
(Lift myself how I'ma lift myself up yeh)

Sending you love from afar  
I might not know who you are  
But I know you been hurt before  
Promise you're not out on your own  
And though we wish pain was fast  
It's better that the healing lasts  
That's what we're striving for  
Recharge your heart cause  
Deep down you got all this

Confidence  
There's balance in your essence  
And you're talented  
But all that shit you tell yourself  
Illusions they're intrusive  
Just like demons in the dark  
But it ain't you that real (you got this)  
See I know you are enough  
Maybe you've had it rough  
But I promise these are blessings  
You hate it when you have em  
But they only make you better  
And baby you've come so far  
Finding out who you are (who I are)

So breathe breathe breathe with me  
So breathe breathe breathe  
Just breathe with me

Confidence there's balance in your essence  
You're so talented  
And all these gifts you got no they ain't wasted they're true  
Just look into the mirror say you're sexy  
Look at that naked face  
The ultimate original you can't erase  
It's what you thought you lost but  
You can still embrace  
Just breathe