

Slow It Down

Mike Posner

Alright
Right now

I'm in prison and I think I built my own cell
Prophets speak softly, homie, they don't yell
Only those that hear my music know my lower depths
The doer does, the knower rests
The scholar learns, the sage forgets
If I could wrap my head around it, then I might get a shot
I get what I think about, whether I like it or not
When things go wrong, life doesn't stop
I need to quit pollutin' my mind with sex and violence
The secret that I'm seekin' was left in silence
And my microphone is pointin' God's finger
I'm a saint disguised as a pop singer
Here's a fun fact
Most people leave their potential untapped
There will be more than camping gear to unpack
Sometimes you gotta go there just so you could come back

Slow it down
I still got the feeling, baby
Slow it down
No more runnin' around

I say, slow it down
I still got the feeling, baby
Slow it down
No more runnin' around

My foot hurts, I didn't get sleep
My dad died, my horoscope ain't in sync
I'm misunderstood and Twitter is ruthless
Uh-oh, I think my problems are excuses
For not bein' who I know I am
I'm 31, there's no one left to hold my hand
Though I believe I got someone watchin' over me
I believe I'm exactly where I'm supposed to be
I believe that even when the road is bleak
That these obstacles were set up just for me
In family matters, I'm on some Urkel shit
Postin' on a primo beat, this some full circle shit
I believe that no matter how high the hurdles get
I can flip this whole thing into an internal win
Life ain't meant to be a heavy thing
Met Ram Dass, he told me, "Just love everything"
Fall in Michigan, there's wisdom in my looseleaf
For the first time, I feel like the true me

Slow it down
I still got the feeling, baby
Slow it down
No more runnin' around

I say, slow it down
I still got the feeling, baby
Slow it down

No more runnin' around

Some days, I can't get outta bed
Crippled by negative thoughts inside my head
Like why do I always stop before my limits?
And why am I only good at lovin' people from a distance?
Why am I so vain? Obsessed with fitness
Why are the only people I'm around my assistants?
But wait, the last time I felt this way
I bucked up, kept goin', and got my shit straight
Diddy told me go with my heart
So my focus is art, not where I go on the chart
The divine light in me loves to glow in the dark
If my life was a movie, we'd be approaching the part
Where the hero wins and learns don't
Chase what you already got and returns home
Those who say, don't know, those who know, don't say
I'm done walking with the herd, it's time I go my own way

Slow it down
I still got the feeling, baby
Slow it down
No more runnin' around

I say, slow it down
Yeah, I still got the feeling, baby
Slow it down
No more runnin' around
Yeah