

Well, survival is for survival you know
 In this time especially, going through so much struggle
 You know when you struggle, you struggle to survive
 So we always know the struggle
 And survival is a reality for we have to survive

224 from day five, deathly scorn by age six
 All alone when Sage cry
 Tears of joy, my pain fixed

Left amidst to learn some
 Found a vice in these spliffs
 Trust the flame, made me numb
 Same advice had me blitzed
 I can't go to where I hide
 My sunken place, ain't have a lid
 Just like the Pataki say
 Shame will have you missing limbs
 I can say I love myself, finally I love it here
 I can say I love you too
 Promise I don't live in fear no more
 I got papa's dearest glow, feel his spirit close
 Height of soul, my soul's below
 Faces on a totem pole
 Slow and steady grants you growth
 Can't nobody hand you hope
 Wish I had your hand to hold
 With gratitude I dance alone
 Gotta soothe my damaged soul
 Papa knew I'd manage though
 We was playing dominos, Bananagram and Scrabble
 Long trips around the beaming sun
 Whatever come was planned I know, I know
 I know you miss me like I miss you
 More to me than bones and tissue
 Gotta bleed to make it visceral
 Flee from out the physical
 Demons out to get you, they gon' get you if you let 'em
 Breathe and soar to heaven, ain't no way I could forget 'em
 Excavation of my treasure, transportation serves me better
 Got no plans to beat myself up, if I do, I use a feather
 On a scale of weighing heart, sacred bond when we together
 Yeah, I'm glad found the light 'cause in my darkness I was tethered
 Made my way from wrong to right, live this life for my ancestors
 I live this life for my ancestors

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Fixed me
Live this life for my ancestors
Live this life for my ancestors
Yeah, yeah, Navy