

# Heal Yourself

Big Daddy Kane

Heal yourself you got to heal yourself

Mama said don't do crack and smoke you know  
'cause it will make your nose grow like pinnochio  
Since I was only 15 I had to listen  
To what was said for my parent was a christian  
I went to school and saw all my friends do it  
But I said no 'cause I don't want my nose to grow  
They started tripping on me, busting and flipping on me  
So I had to front and say yo, true, stick it on me  
I started smoking to prove I'm an adult  
Now it's a habt but is it all my fault  
I wished my mother would have told me the truth  
'cause now I'm all based out, ma dukes

Oh man I like the way that's going down  
Now why won't you do is kick a little freddie foxx

Everybody rise as I present to a jet black crowd  
What it's like to be black and proud  
In a world where white is right but not tonight  
This is a black man's might  
I heard a sister say she don't like darker shades of black  
On a man 'cause that's wack  
But to my light skin sister can't you tell  
You're just the surface of a dark deep well  
And how can you prefer to be wit those  
That sprayed you wit gun and hoses  
And never put roses on the graves  
Of the slaves that they treated like dirt  
After all that hard work

Clap your hands to the beat, c'mon, just clap your hands to the beat  
Freak it now

One of the biggest lies you hear from no one else  
Is when a girl tries to say she don't do it to herself  
Always fantasizing but steadily denying  
Last night she had to stop 'cause her baby was crying  
She do it on the phone all alone wit a smile  
Run the water, grab the shower cap and get buckwhyled  
Soap suds on the floor, oh al b sure  
Give it to me, give it to me, give me a little more  
I'm fiending, creaming, screaming, dreaming (what else)  
The girl's possess by the basehead demon

In elementary, lyte had the jordache look  
Like me and any other kid who cared about books  
But then I got wise and I begin to listen  
To the wack teachers and the wick-wack system  
My mother put me in ?  
Which means black school in swahili  
And there is where I learned black history

And how to be the best that I can be  
I went back and now the school is closed  
There is nowhere for black youth to go  
To be taught by brothers and sisters who knows what it means  
To be a black child or a white teen  
In the end the youth is being mistreated  
Which means the world is being cheated

Dane was never taught her life was worth something  
But when people don't try to improve it makes me want to hurt something  
You want to be somebody and be a standout  
But got your handout, oh you're broke, I guess it's off to your man's house  
Why is sister's giving up the ball  
Today it seems not to father you too hard  
They call us squeezers and you prove it to the worst  
You have to earn the right to say it's ladies first

Oh man this is human education against lies  
You better know the flavor kid

Human education against lies tries  
To open the eyes of humanity before it dies  
Black and white ain't the real fight  
That's the only thing the media hypes  
The real fight are these major corporations  
Holding back on real education  
Before you're a color, first you're human  
Teaching humanity is what we're doing

And just when you thought you knew everything there was to know  
You didn't know anything about this, tell 'em melodie

Daddy's home everyday since he lost his job  
His new line of work is now beating up mom  
Mom is scared, she doesn't know what to do  
Her beautiful skin is now black and blue  
She used to cry, now she's back in the pen  
A human war between women and men

Melodie, kid capri

Jam jay on the way, yo  
Human education against lies  
To all the girls and to all the guys  
Get paid, get it made  
Get a good grade, live to a very old age  
Checking out jet, no disrespect  
To each and every member of the opposite sexes  
Is yes, listen to the messages and I send some  
We never knew where the poison came from  
Yo, we're rapping on h.e.a.l. so we thought we like to mention  
Acquired immune deficiency syndrome  
Aids, we're here to make you get wise  
Human education against lies