

**H.E.A.L. Foundation****"Heal Yourself"**

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Chorus:Harmony)

Heal yourself you got to heal yourself

(Kid Capri talks)

(Big Daddy Kane)

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

(Kid Capri)

Oh man I like the way that's going down

Now why won't you do is kick a little Freddie Foxx

(Freddie Foxxx)

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

(Kid Capri)

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

(LL Cool J)

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

Chorus

(MC Lyte)

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

(Queen Latifah)

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

(Kid Capri)

Oh man this is Human Education Against Lies  
You better know the flavor kid

(KRS-One)

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

(Kid Capri)

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

(Ms 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

(Kid Capri)

Melodie, Kid Capri

(Jam Master Jay and DMC)

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

(Kid Capri talks)

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