

# The Healing Component

Mick Jenkins

You wanna know about The Healing Component  
No, I know, listen I mean it's whatever.  
All you're doing is asking me about the healing component, so whatever you wanna say.  
Like I said I never explained it to you before either  
You actually did but okay let's hear this  
You don't remember it? Yes I do  
Alright what's it about? Alright so uh, what is The Healing

Component?  
Aw, you tell me  
Lately a nigga been meditated  
Probably overly medicated  
But it's heaven sent, I'm not hesitating  
No, I no longer have a problem with niggas who act like they've never hated  
I mean at least you know now  
And for those still looking at me sideways you gotta stop sleeping on the profile  
Jawline let 'em know that I can take a punch  
Still gotta beat 'em to the punch though  
Started drinking water at the party, I ain't even gonna front  
Seen him put something in the punch bowls  
So many truths go untold  
So much proof that something big's about to unfold on our asses  
These boxes are premium and so are the mathematics  
You don't have to add it, I'm a natural at it  
Spread love, try to combat the sadness  
Got loud to match this  
Dose of reality, lit she hit like jabs from Cassius  
These titans clashing  
Baby you should grab some glasses  
Check you a new perspective  
Get a new directive  
Fuck fucking up a check is a new collective  
And they got it for the free screaming  
THC, THC  
For your grace and mercy Father, we thank thee  
For this THC, THC  
For your grace and mercy Father, we thank thee  
For this water (for this water), for this truth (for this truth)  
Tryna put some love into everything I do  
Thanking you for this THC, THC, THC, THC  
I'm not always talking marijuana when I'm  
referencing these trees (trees)  
Always talking water but that's just the truth you gotta read between the lines  
And got you sniffing coke off hundred dollar bills ('llar bills)  
We sip the lean, we pop the pills (the pills)  
Why everything that's supposed to be bad gotta be such a thrill  
Why is praising mediocrity such a skill  
It bothers me

When these niggas with moms below poverty lines  
Get to play like they Socrates  
I play like apostrophes  
I mean I'm over the words unless they verbs  
That's when we see curves like sundresses in June  
The politicians addressing the youth  
Talking the loudest and smoke in the booth  
Show me the proof  
Who puffing the love?  
Who wrote up the truths?  
See, as well as figuratively we only smoke gas  
Who rolled up the fruits?  
No oops, just smoke 'em out  
Brought the water had these niggas drowning and choking out  
Tryna spread The Healing Component  
This love through the culture now like THC, THC  
For your grace and mercy Father, we thank thee  
For this THC, THC  
For your grace and mercy Father, we thank thee  
For this water (for this water), for this truth (for this truth)  
Tryna put some love into everything I do  
Thanking you for this THC, THC, THC, THC See this had you, smoking on a regular, no  
Regular I, know that (?)  
And it'll to get you high (it'll to get you high)  
It'll get you high it'll take you higher  
This ain't what you smoking on a regular  
Smoking on, smoking on a regular  
This ain't what you smoking on a regular You see it's really all love  
And I never claimed all well my nigga we can put it in stone  
And I ain't ever claimed all guilt but I know if it was me in that garden  
I probably woulda let all hell loose too  
Who knew that a young black man might just swoop through with a new roots crew  
And the first time like moon walk  
When you know you got something foolproof  
Free love is THC and all this tree get wrapped in truth  
I know This ain't what you smoking on a regular  
Smoking on a regular, smoking on a regular  
This ain't what you smoking on a regular When people talk about love you really only think  
about the, the pretty parts,  
the romantic parts of love people don't think about things like loving themselves and what that  
takes.  
And that you have to know yourself to love yourself and how difficult of a battle that may be.  
Uh, I don't think everybody even agrees on what love is or what love looks like,  
whether it be in the street or personally.  
Um, and, that's just a conversation that needs to be had and that's just what I wanna do, is start a  
conversation I think it's- it's- it's setting myself up to be able to have a lot to talk about and  
different angles to come from.  
Uh, musically and lyrically and,  
and from a point of story telling and,

and I think it's just something that we need a lot more of anyway.  
Whether it be just a conversation or actual acts of love you know what I'm saying?  
Just starting a conversation about...

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