Rap/HipHop Wellness: An Expression of Life Through a "Cultured" Lens

Wellness Wheel

- Spiritual
- Emotional
- Intellectual
- Financial
- Environmental
- Physical
- Social

A Personal Zine by A.J. Blaney
For this zine, I will be exploring the 7 dimensions of wellness but I will use "financial wellness" in place of "occupational wellness". I will use hiphop/rap lyrics to demonstrate my thoughts, beliefs and feelings regarding each of the 7 dimensions. These lyrics will be shown in various sizes and typefaces as not all thoughts/beliefs are created equal. One reason for my choice to make this zine is to combat the idea that hiphop/rap is nonsensical and should not be considered to be music. The other reason is because producing this zine will allow me to acknowledge some of the things that are on my mind that I do not normally speak about.

Welcome to the Abyss that is my mind...

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THE MISEDUCATION OF LAURYN HILL - LAURYN HILL

My world it moves so fast today
The past it seems so far away
And life squeezes so tight that I can’t breathe
And every time I try to be, what someone else has thought of me
So caught up, I wasn’t able to achieve
But deep in my heart, the answer it was in me
And I made up my mind to define my own destiny
I look at my environment
And wonder where the fire went
What happened to everything we used to be
I hear so many cry for help
Searching outside of themselves
Now I know his strength is within me
**Price of Fame - Big KRIT**
I bought a bottle just to soothe my soul
Still crying over Granny, that was some years ago
I'm a man now, I came up to hold my fam down
Can't tell them about my depression cause most them fans now

**The Light - Common**
"It's important we communicate
And tune the fate of this union to the right pitch
I never call you my bish or even my boo
There's so much in a name and so much more in you"

**When I'm Gone - Eminem**
"And when I'm gone, just carry on, don't mourn
Rejoice every time you hear the sound of my voice
Just know that I'm looking down on you smiling
And I didn't feel a thing
So, baby, don't feel no pain, just smile back"

**Life is a Gamble - Big KRIT**
I shed tears and they won't come back
I said the word and they won't run back
My slot machine was broken this time
Ain't no tokens, I can't redeem to preserve the focus of mine
So many died and I'm scared it's just a matter of time

**Lyrics to Describe My Emotional State**

**Many Men - 50 Cent**
"Sunny days wouldn't be special if it wasn't for rain
Joy wouldn't feel so good if it wasn't for pain
Death gotta be easy, 'cause life is hard
It'll leave you physically, mentally and emotionally scarred"
"Every night I talk to God, but he don't say nothin' back
I know he protectin' me, but I still stay with my gat"

**Ambitious Girl - Wale**
"I'm in love with your business
And your productivity is the reason I interest, ambitious girl
See, I like the person that you are
But I'm in love with the person that you have potential to be"

**NO ROLE MODELZ - J. Cole**
"Fool me one time, shame on you
Fool me twice, can't put the blame on you
Plead me three times, fuck the peace sign
Load the chopper, let it rain on you"

**Braille - B.A.**
"Practice what you preach, preach love
Careful what you eat, half of it's diseased
They don't want us here"

**Can I Live - J. Cole**
"Now am I living to get paid just slaves
For a wage, are we
I can't do no 9-to-5 told my momma "sorry"
I can't do no suit and tie, no I want the glory
If you knew me know my life is like a movie starring me
Pardon me, if it seems that I'm following my dreams
I ain't reading off the script that they picked for me
I ain't pissed, naw couldn't give a shit hardly"

**Lyrics to Describe My Intellectual Questions**

**Wings - Macklemore and Ryan Lewis**
"Look at me, look at me
I'm a cool kid
I'm an individual, yeah
But I'm part of a movement"
"My movement told me be a consumer and I consumed it
They told me to just do it
I listened to what that swoosh said
Look at what that swoosh did
See it consumed my thoughts"

**All Falls Down - Kanye West**
"It seem we livin' the American Dream
But the people highest up got the lowest self-esteem
The prettiest people do the ugliest things
For the road to riches and diamonds rings
We shine because they hate us, floss 'cause they degrade us
We tryna buy back our 40 acres
And for that paper, look how low we stoop
Even if you in a Benz, you still a nigga in a coupe"
**Physical**

**State**

<table>
<thead>
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**Lyrics to Describe My Physical State**

- Lollipop (Remix) - Lil Wayne
  “Safe sex is great sex, better wear a latex
   ‘Cause you don’t want that late text, that “I think I’m late” text
   So wrap it up!”

- Rappers Delight - Sugar Hill Gang
  “So your heart starts pumping and you think of a lie
   And you say that you already ate
   And your friend says “man there’s plenty of food”
   So you pile more on your plate
   While the stinky food’s steaming your mind starts to dreaming
   Of the moment that it’s time to leave
   And then you look at your plate and your chicken’s slowly rottin’
   Into something that looks like cheese
   Oh so you say that’s it I got to leave this place
   I don’t care what these people think
   I’m just sitting here making myself nauseous
   With this ugly food that stinks”

**Lyrics to Describe My Social State**

- 03’ Bonnie and Clyde - Jay Z
  “Cause mamá’s a rider and I’m a roller
   Put us atogether, how they gon’ stop both us?
   Whatever she lacks I’m right over her shoulder
   When I’m off track, mami is keepin’ me focused
   So let’s lock this down like it’s supposed to be
   The ‘03 Bonnie and Clyde: Hov and B”

- Friends and Strangers - Wale
  “Smiles and handshakes everywhere I go
   Girlfriends, groupies, then
   I’m all alone
   So confused, these strange relationships
   I think I’ve got some enemies disguised as friends”

- Things’ll Never Change - Bo-Rock
  Things’ll never change, that’s just the way it is
  Nobody’s even concerned
  Some things’ll never change, that’s just the way it is
  When will we ever learn?
Crack Music – Kanye
“How we stop the Black Panthers?
Ronald Reagan cooked up an answer
You hear that? What Gil Scott was
hearin’
When our heroes or heroines got
hooked on heroin
Crack raised the murder rate in D.C.
and Maryland
We invested in that, it’s like we got
Merrill Lynch
And we been hangin’ from the same
tree ever since”

POWER – KANYE
“THE SYSTEM BROKEN, THE SCHOOL IS
CLOSED, THE PRISON’S OPEN
WE’RE GON’GOT NOTHING TO LOSE,
MOTHERFUCKER, WE ROLLING”

The Story of OJ – Jay-Z
“I bought every V12 engine
Wish I could take it back to the beginnin’
I coulda bought a place in Dumbo before it was
Dumbo
For like 2 million
That same building today is worth 25 million
Guess how I’m feelin’? Dumbo”
“Financial freedom my only hope
F*ck livin’ rich and dyin’ broke
I bought some artwork for one million
Two years later, that shit worth two million
Few years later, that shit worth eight million
I can’t wait to give this shit to my children
Y’all think it’s bougie, I’m like, it’s fine
But I’m tryin’ to give you a million dollars worth of
game for $9.99”

How Much a Dollar Cost – Kendrick Lamar
How much a dollar really cost?
The question is detrimental, paralyzin’ my thoughts

Save Dat Money – Lil Dicky
“The rap game got it all wrong
We ain’t bout to go and spend money
just to flex on ‘em
We ain’t really got it like y’all (Yeah, baby!)
I’m a type of motherfucker that’ll
cHECK the check
Do the math, I ain’t never gettin’
robbed (No)
Those margaritas not goin’ on my
card (No)
I ain’t bout to split a damn thing for
convenience sake”

I Get Money – 50 Cent
“I took quarter water sold it in
bottles for 2 bucks
Coca-Cola came and bought it
for billions, what the fuck?”

SPAR – Dreezy
“Can’t say we representing when half
the office white supremacist
This can’t be, “Land of the free”
If kneelimg might cost your position
I’m supposed to respect the system
They call our brothers, “Sons of bitches”
And when my Unc’ came home from prison

Don’t Shoot – Rick Ross
“I got the keys to the city still we left in the cold
Hands in the sky, still was left in the road
Ribbon in the sky, Michael Brown, another soul
Stole by the system, black men we pay the toll
The price is your life, Uncle Sam want a slice”

Don’t Shoot – Curren$y
“Television broadcasts, a confused country
I’m a resident of a nation that don’t want me”

LYRICS TO DESCRIBE MY
ENVIRONMENT

Chapter Six – Kendrick Lamar
“I’m glad we were able to talk about her vice and her evils.
There is an even more important topic I’d like to discuss:
the dysfunctional bastards of the Ronald Reagan Era. Young
men that learned to do everything spiteful. This is your
generation. Live fast and die young. Who’s willing to explain
this story?”

Duckworth – Kendrick Lamar
“Oh Lamar, Hail Mary and marijuana, times is hard
Pray with the hooligans, shadows all in the dark
Fellowship with demons and relatives, I’m a star
God is one funny mothafucka
A true comedian, you gotta love him, you gotta trust him
I might be buggin’, infomercials and no sleep
Introverted by my thoughts; children, listen, it gets deep
See, once upon a time inside the Nickerson Garden projects
The object was to process and digest poverty’s dialect
Adaptation inevitable: gun violence, crack spot
Federal policies raid buildings and drug professionals”

LYRICS TO DESCRIBE MY
FINANCIAL
THOUGHTS

A Job Ain’t Nuthin’ But Work – Big Daddy Kane
“Stayin’ in the upper class, so you’re the path
The rich gets the most and the poor gets a little
And only Monie Love can make it in the middle
I can’t let life get the best of me
I gotta take, take control of my own destiny
Control what I hold and of course be the boss of
myself
No one else will bring me wealth”

Yolo – Kendrick Lamar
“No such thing, stop freelancin’
Invest in your future, don’t dilute your finances
401K, make sure it’s low risk
Then get some real estate (how much?)
4.2%, Thirty year mortgage
That’s important, that’s a great deal
And if you can’t afford it, don’t forgive it on your last bill
Renting is for suckers right now, a dependable savings
And you’ll retire with money in your account”

Thrift Shop – Macklemore
“I’m diggin’, I’m diggin’
I’m searching right through that luggage
One man’s trash, that’s another man’s come up
Thank your granddad for donating that plaid
Up shirt, ‘cause right now, I’m up in here
stuntin’
I’m at the Goodwill, you can find me in the
bins”

Hasta Luego – JID
“All of my, all of my life I been
chasing a check and I never get it
Been around it, seen it, never had it
Mama, daddy, whole family, broke
I’m get it, told em I’ll fuckin’
handle it and murder the game
so the service candle lit”
Many Men - 50 Cent

"Many men, many, many, many men
Wish death 'pon me
Lord, I don't cry no more
Don't look to the sky no more
Have mercy on me
Have mercy on my soul
Somewhere my heart turned cold"

Ill Mind of Hopsin 7 - Hopsin

"What story should I tell now?
I'll just expose the truth
I'm so close to the fuckin' edge,
I should be close to you
But who the fuck are you?
You never showed the proof
And I'm only fuckin' human,
yo, what am I supposed to do?!"

PORTISHEAD IN THE MORNING / HER WORLD - AB-SOUl

"Do we really want to go to Heaven?
Ain't no bitches mentioned (This is a man's world!)
The Devil was created, he is not a creator
And energy can neither be created or destroyed"

"God gotta be a thot, the blood from your erection
Come from your brain and your feet
So you can't think and you can't run"

Ill Mind of Hopsin 7 - Hopsin

"My gut feelin' says it's all fake
I hate to say it, but fuck it, shit, I done lost faith
This isn't a small phase, my perspective's all changed
My thoughts just keep pickin' shit apart all day
And in my mind I make perfect sense
If you aren't real, then all my prayers aren't worth a cent
That would mean that I could just make up what my purpose is, and I could sit in church and say "fuck" in the services
Man, what if Jesus was a facade?
Then that would mean the government's God"

Lyrics to describe my Spiritual Thoughts

ILL MIND OF HOPSIN 7 - HOPSIN

"And I've been told that my sinful life is an addiction
But I can't but it, it's just too hard to stand beside it
I need an answer, and humans can't provide it
I look at the Earth and Sun
And I can tell a genius man designed it
It's truly mind-blowin', I can't deny it
Is Heaven real? Is it fake? Is it really how I fantasize it?
Where's the Holy Ghost at?
How long's it take a man to find it?
My mind's a nonstop tape playin' and I can't rewind it
You gave me the Bible and expect me not to analyze it?!
I'm frustrated and you provoked it
I'm not readin' that motherfuckin' book
Because a human wrote it"

Only God Can Judge Me - Tupac

"I'm havin' nightmares, homicidal fantasies
I wake up straglin', dangled in my bed sheets
I call the nurse 'cause it hurts to reminisce
How did it come to this? I wish they didn't miss
Somebody help me. Tell me where to go from here
'Cause even thugs cry, but do the Lord care?"

THREATENING NATURE - AB-SOUL

"Listen, listen, hear and understand
Or just give me some insight
You get on your knees every night
To pray to a man that you barely understand
Or have even seen with your eyes closed
Then turn around and do the same thing
Get on your knees, then put a ring on the woman that you wanna call your wife"