Sunny Patel

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Mental Evolution Mix – Intro

A Tribe Called Quest - Ham n’ Eggs

* Seems to be about eating & promoting healthy foods
* In the chorus they talk about not eating ham n’ eggs, however towards the end of the song you can just barely hear them say, “yep, all the time!”

Donny Hathaway & Roberta Flack – Be Black For Me

* Man & Woman deeply in love
* They love each other just the way they are
* Be black for me, I think is another way of saying be who you are, love you either way.

Donnie – Cloud 9

* Happy in his own world
* “Twist my cloud and make it rain” – I think this chorus means stuff will always go wrong, but “power for the metaphysical one” means learning from the struggles and moving past them.

Black Star – Brown Skin Lady

* He wants to talk to this girl
* He seems to be speaking to all brown skin girls
* The rest of the song he continues to adore brown skin girls

Angela Davis – Targeting Women

* Talks about women’s struggles and inequalities

Various Artists – Freedom

* He talks about slavery
* Freedom, Freedom, Freedom

The Roots – Pussy Galore

* The power and control sex can have on men.
* A girl who wants to becoRapme a doctor, paying for tuition by working as a stripper.

Queen Latifah – U.N.I.T.Y

* Women getting miss-treated in the workforce, the streets, etc
* Boys trying to act like ‘gangsta bitches’

Sarah jones – Blood

* Talks about the materialistic black community
* White people and companies target them because apparently the black community is easy to give up that dough.

[Mumia Abu-Jamal](http://news.rapgenius.com/artists/Mumia-abu-jamal) – A Rap Thing

* Rap being something that came from Africa.
* How it holds the African culture and history

MENTAL EVOLUTION INTERLUDE

Aretha Franklin – Young Gifted and Black

* Power of being born black can be great
* Tell your children to empower them about their black culture

Dick Gregory – American Lies

* Americans need to improve America
* The next generations of America

Boogie Monsters – Mark of The Beast (R.S.V.)

* I don’t even know song

Common – Gaining One’s Definition (G.O.D.) feat Cee-Lo

* Everyone’s learning began when they were born because each experience is learning experience
* His culture is what he refers to by “bloodline”

Obeah the Intellectual – Probable Cause

* Inequality for Blacks even after slavery was abolished
* Racists
* Blacks being treated differently

Richard Pryor – Niggers vs Police

* Police beating up Africans
* Hatred toward police

Talib Kweli – The Proud

* Media distorting the truth
* Media’s power of controlling the mindset of the masses

Boogie Down Productions – You Must learn (Live From The Caucus Mountains)

* History of African-Americans

Chasing Amy Movie Excerpt

* White people controlling black people
* Black people feeling inferior to white people

Earth Wind & Fire – Keep Your Head to the Sky

* Slavery
* The master of a slave tells him to keep his head up
* Things will get better