

"Natural High" Song Story and lyrics

"On the story behind the song, my school, The American School of the Hague, Wassenaar in The Netherlands organised an Alternative High Week last year and five days before, I got the inspiration for the lyrics lying on my bed at about 1am. I first heard the term "natural high" during the school assembly from a guy popularly known as Mr. G who worked for the FCD organisation and who really embodied a unique sense of happiness without any chemical dependency. He kept on telling us that he was on a "natural high" and I loved the term because I really related to it since I don't indulge in any form of drinking or drug use but yet I have just as much fun on nights out if not more than some of my schoolmates who are drinkers. I worked on the song the next day for three hours straight put and then sent it to the school administration as a possible promotion song for the Alternative High Week. They loved it and after one of my teachers, a dutchman heard it, he offered to remix it since he was more proficient in music-making. After my last midterms last semester, I went to his house and re-recorded the song and we thought that the song should be shared with other people and that's why I decided to send it to your organisation. I am currently working with one of my classmates to come up with a video for the song. Thanks for your interest. I will definitely keep you posted on any new happenings." – Cheers, Tobe Madu

With all the trouble in the world
there's something you don't want
To turn yourself into a chimney
but by taking all that stuff
they get into your blood
could end up poisoning the kidney

To all you boys and girls
Who be rolling all that grass
You will end up living like a junkie
Cause by taking all that stuff
You might think you are tough
But you end up feeling really empty

Don't be deceived if the company you keep is the enemy
cut it off nobody you know is indispensable
Life is a struggle not a fight
It's a journey not a path
the earlier you know the better you'll grow

Now is the time to be Irie
Get in a circle and feel the vibe
Now is the time to be happy
and get yourself on a natural high (2x)

It is killing our nation
Many young people dying of addiction
we got to, have to save our generation
turn it around, to be worthy of emulation

There are better ways to combat depression
There are better ways to deal with rejection
There are safer ways to calm the frustration
excluding intoxication

Don't be deceived if the company you keep is the enemy
cut it off nobody you know is indispensable
Life is a struggle not a fight
It's a journey not a path
the earlier you know the better you'll grow

Chorus

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