Melbourne based rapper Raphael Mattisiyahou releases his debut single ‘Breathe’ from his upcoming album Life Expectancy. Breathe is an uplifting boom bap song about self acceptance. Raphael wrote Breathe, after a being hospitalized in 2015, as a result of Cystic Fibrosis related complications. Written at a time when Raphael was forced came to terms with the reality of living with an incurable illness, Breathe was conceived with the hope of inspiring others to reflect on their experience of isolation, and align themselves with what they truly care about.

“Breathe” blends thoughtful lyrics with beats by a live drumkit and piano led melodies that build up to a chorus reminiscent of the Roots and John Legend’s “The Fire”. Each verse culminates with Jace Excel crooning “When you look at me, tell me what you see”, summing the song’s overall philosophical message.

Having managed his CF for 15 years without a hospital visit, Raphael fell severely ill and was forced to confront the reality of living with a chronic illness. Reflecting on what had gotten him through over a decade of carefree living, he realized that his positive mental attitude had played a big part in helping him get by despite ignoring a lot of the medicinal and therapeutic routines prescribed by his doctor. . “Breathe” was inspired by Raphael’s recovery, during which he accepted responsibility for maintaining his health and continuing to embrace the positive outlook that had sustained him for so long.

Wanting to make music with a message, Raphael wrote Breathe, as a way start conversations around our mindfulness and wellbeing. We tend to associate actions that improve our mental health, most of them are tangible. What’s intangible is our thoughts and this album aims to inspire listeners to unpick their intangible thoughts. Why do we believe what we believe? Can the reasons behind our beliefs be justified? If they cannot, then why do we hold onto them? “Breathe” is about centering yourself, the turning point in self awareness. For those at the crossroads in a confusing time.