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Genius Annotation

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In the first two verses, Kendrick describes his prior lives. In the third and final verse, he speaks from his current point-of-view as Kendrick Lamar. He mentions reincarnation throughout *GNX*, including on the album's second track, "squabble up":

“ God knows  
I am reincarnated  
I was stargazin'

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hate on me, just wait and se

It's also worth noting that Kendrick utilizes some double entendre here. The phrase "raising the bar" means to raise a standard or a literal bar in athletics, or, in this case, to refer to so-called "bars" or lines in a song. This echoes a similar sentiment expressed by Lamar during his controversial featured verse on August 2013's "Control" by Big Sean: