How you mi dawg, but you a siddung and a envy?
How you mi bredda wen you plan up fi go shell mi?
How you mi bredrin and a chat me every day
'Round di ppl weh no like me and a gwaan like you defend mi?
How you mi gyal, but outta road you nah tell me
Got a next man a dig you out true him wealthy?
Mi feel messed up and unhealthy
When mi down, seh nobody deh fi help me

You nuh know how it feel, messed up in mi mind from di age a seventeen Dem **** around mi heart, mi can't go let nobody in Mommy, tell me, "Take it easy" and when last me, eat a meal Mi nuh feel satisfied without di Hammond and di weed Can't lean pon nobody, so mi sipping on di lean And me can't put mi trust inna di messages mi read Dem nuh haffi born a China just fi know seh dem no real Mounta people wear a mask every day a Halloween

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Dem want mi life, but it hard fi get
So me a resurrect di rifle like a Jesus from Nazareth
Every day dem plot fi stop mi breath
Cyaan save everybody that mi learn from Noah di architect?
Moses speaking to di burning bush
But you know mi burn di burning bush
Mi burn di kush fe keep mi mind calm
You nuh protect you self you life gone
Especially when you a icon

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