

Ups And Downs

Chronixx

Yeah yeah yeah yeah!
Yeahhhhhh yeah yeah
Yeahhhhhh yeah yeah
Ooo Lawd, Ooo Lawd, Ooo Lawd
Ooo Lawd, Ooo Lawd, Ooo Lawd
(Look outta road!)

A who dat, di Rootsman
Many get di call, but dem never get chosen
Yes we bringing all a di King's meditation Rastafari (is self-realization)
Let's big up di real ones
Jah Jah put dem here up on di land for a reason
Never disrespect cuz Mama set a foundation
You can never rise if you never yet fall down

Cuz you can never rise if you never yet fall down
You can never rise if you never yet fall down
It's ups and downs
Cuz you can never rise if you never yet fall down
You can never rise if you never yet fall down
It's ups and downs

Yes I know I'm made for this journey
Ask Mark, ask Barnz, dem will defend mi
Soul Circle is the family base
And mi bredda Jamar, say fi gwan keep the faith
Love what you doing, don't do it in haste
Learn the business, run your own race
I sing righteousness always
Even in the Judgement Days

You can never rise if you never yet fall down
You can never rise if you never yet fall down
It's ups and downs
You can never rise if you never yet fall down
You can never rise if you never yet fall down
It's ups and downs

Sometimes the frustration tek mi
I call upon the Father to help mi (Jah help me!)
Sometimes we weak, but we have to be stronger
And we nuh accept no failure (no day!)
No, in times of struggle, I call on di Saviour
Inna life, there's no one greater
Than the Creator
Babylon a traitor
Fire pon hater
Jah is the Maker, yeah

Cuz you can never rise if you never yet fall down
You can never rise if you never yet fall down
It's ups and downs
A suh life goes
And you can never rise if you never yet fall down
You can never rise if you never yet fall down
It's ups and downs

It's ups and, ups and, ups and downs
We going, going, round and round
Oh yes we, yes we, rise and fall
Yes we, yes we, and we stand tall
A who dat, di Rootsman
Many get di call, but dem never get chosen
Yes we bringing all a di King's meditation
Rastafari

Cuz you can never rise if you never yet fall down
You can never rise if you never yet fall down
It's ups and downs
A suh life go
Cuz you can never rise if you never yet fall down
You can never rise if you never yet fall down
It's ups and downs