

Dem can't tek mi soun yanna

So u beat them

So u mistreat them

So u lock them down and u think that you've won

But dem ah hole a mediation (Dem ah hold a mediation)

Out inna I-ration (out inna I-ration)

Dem a follow Rastafari and a live, ah live out right

So tell me whe u a go do now (So tell me whe u a go do)

Tell me wat u gonna do now (Tell me wat u gonna do)

Tell me wat u gonna do now that di youth ah hold dem roots

You can't water down and dilute

You can't hide di trut from di yout

You can steal di fruit not the root

Cos di yout ah hold dem roots

Give dem cartoons (Cartoons) to turn dem fool (Turn them fool)

You poison their foods and u think that you've won

But dem ah hole a mediation (Dem ah hold a mediation)

Out inna I-ration (out inna I-ration)

Dem a follow Rastafari and a live, ah live out right

So tell me whe u a go do now (So tell me whe u a go do)

Tell me wat u gonna do now (Tell me wat u gonna do)

Tell me wat u gonna do now that di youth ah hold dem roots

You can't water down and dilute

You can't hide di trut from di yout

You can steal di fruit not the root

Cos di yout ah hold dem roots

Come with yuh negative spirit

But di youths dem nah feel it

Come around with ur white lies trying to blind everyone's eyes

But dem ah hole a mediation (Dem ah hold a mediation)

Out inna I-ration (out inna I-ration)

Dem a follow Rastafari and a live, ah live out right

So tell me whe u a go do now (So tell me whe u a go do)

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You can't water down and dilute

You can't hide di trut from di yout

You can steal di fruit not the root

Cos di yout ah hold dem roots

Live up now yout, live yu now, live up now.

Hey yea yea, live up now yout, live up now.

Yout hold your root!

Hey dem can't water down and dilute

You can't hide di trut from di yout

You can steal di fruit not the root

Cos di yout ah hold dem roots