

# One Rock

## Groundation

One rock! That we deh pon  
Just remember it's our father's home  
One rock, yeah, that we deh pon  
Just remember it's the Congo man home

Between love and hate, between peace and war  
We're in a tug-a-war for what's to come  
And all the energies surrounding the Earth  
It seems you can't get nothing done

For there are no winners without losers  
No rich without the poor  
If ya asking for forgiveness  
You're not of this Earth no more  
Never will come to be for him  
Never will it come down here

Experience has written those lines in his face  
All surrounded by a lion's mane  
Hungry and thirsty through the desert he crawl  
To the Dead Sea shore but he can't drink!

Life changes all the time  
Manifesting prophecies through the line  
And it's true what the Rastaman said  
Heaven's on Earth and it lives inside your head

You who starship dreamer, you are a distant joker  
With no vision for the future, how things will get better?  
The Earth is there, Lord, and the fullness there of

Jah alone will see you through  
One life alone will have to do  
But with his insatiable heart man may  
Be pushing Jah further and further away

So, who is gonna brace him for it?  
Stand up and face it  
You are ready now!  
Passing you a rod as an anointed one! Yeah!

So, all these gifts of Jah  
Formed the Earth and life  
Where nothing comes without a price  
And nobody gonna take away, no!  
A change is coming for you  
Got to be ready when it comes

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