Yeah, you dun' know
What's good? Hollowman
And we're takin' it from the older generation to the newer generation
You get me? We're doin' it again
It's that Pain Is The Essence shit, my nigga
Unknown T and my nigga Digga D, let's go
It's Big Ride
Unknown, Digga, I want you to talk to the people'dem
I want you to let them know what real life is, yeah?
It's none of this movie shit (Mhm)
You can't see this shit in a cinema, G! (Listen)

It's 4450 for a Glock and that got bought quickly
Speaking to my lawyer in the dock and I was so shifty
Three points up against the poli', now it's all history
Hold me in the holding cell, I buss it but they won't dismiss me
I said fuck it, I'm a tug, 'cause you don't know the mystery
I was locked inside a cuff and now I'm pouring whiskey
Serco trips back into the bricks, see, I was moving risky
Old ways back inside them dingers, fling it like it them frisbee's

As a likkle yout it started with a spliff or two (Spliff or two) By the age of 14 I started flipping food (Flipping food)
2 years down the line I tried to kill some yutes (Kill some yutes)
Now I chill and send hits from afar 'cause that's what winners do (Mhm)
You ain't gonna get paid if it don't hit the news (Hit the news, Mhm)
Them other older opp niggas giving clues
I got the stick, try stick and move (Stick and move)
I got the stick I'm on whatever these niggas choose (Grrt)

Pain is the essence, learnt the game in adolescence You violate? I'm grippin' on a weapon
Pain is the essence
You can tell by my presence that I'm grippin' (Grrt)
If your dissin', I'ma finish it in seconds
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All the stress I caused my ma-dukes
Hid guns in the car boots
Hid crack in the dustbins and knives in the parks too (Parks too)
Used to hit festivals with some hard food
Fell out with the ma-dukes when she heard I blast yutes (Blast yutes)
I got cousins from them sides, when skengs rise
Used to get the blame, "It's not us man, its them guys"
Hence why, I won't tell a soul if their friends die
I shot my cousin friend, laugh, sit back & memorise

I remember when my papa used to give me a hug
Knees in the mud, my hearts froze give me a slug
Now I'm piffin' it in Spain smoking premium grub
Nina or none, we bark guns with minimal funds
See I look back and I regret I used to lean on my mum
I caused stress, but then she knows she raised a G in her son

And she was stressing on the M, but it was me on the run Don't forget I held the scene on my ones, but fuck it

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You can tell by my presence that I'm grippin' (Grrt) If your dissin', I'ma finish it in seconds

Yeah, what you tellin' me, Unknown?
Pain is the essence, right? Nothin' ain't changed
The game's still the same, just different players now
Digga, dun'know
D-U-Beezy, signing out
Pain Is The Essence