

Yes Rasta
Aye
Cool to be conscious
Na, na, whoa-o-o yea
Oh yea (oh yea)
The world is spinning out of control (no loyalty)
The world is spinning out of control (yea Mon)
Out of control (out of control)
As we can all see

Some ah dem ah weak heart
Some ah just pretender
Some done surrender
Some don't know what to do
Some are just lost and confused (yea)
Some ah dem ah liars
Some ah imposter
And some would rather sell dem soul to get through (why why)
And just to be accepted anything they would do (yea)

And just like the nighttime will turn to day
Ah suh nuff ah dem will turn
Without leaving a trace

But I and I we are the Bedrock
I and I are who they call the Bedrock
The Bedrock of humanities roots and culture
Roots and culture
Yes see I and I we are the Bedrock
I and I are who they call the Bedrock
Bedrock of humanities roots and culture
Roots and culture (Lord)

Nuff ah dem sell dem soul
Thinking life's a game with a cheat code
Nuff fall in di trap and dem never mek it back
Di system... Lock dem down and dat is dat
But we are those who pass thru great tribulations
Fighting for equal rights I say
And never giving up the fight
We're always there for those who need strength in life (yeah)

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Can't blame your neighbor, can't blame your friends
Can't blame politicians when you do nothing to help the situation

To make the world a better place
For the oncoming generations
We are boarder line destruction
Too much dam corruption, still some don't even care
But we nah guh ever let hope go, nah guh let hope go... Cause I and I

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Roots and culture (here me now)