# THIS MORNING

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## 1. Doctor Say

Aah aah aah
Aah aah aah
Medicine gone green doctor say
You can grow your own but remember
I must get pay
Medicine gone green doctor say
This should have been from long long time ago

Things we knew before could never be shared this way
Because no one was getting paid
Things we did before could never be told no way
Or else we would end up in jail
Aah aah aah
Ah aah aah
Oh oh oh oh

Fill your prescription today money money doctor say
You can fill your own but remember
I must get pay
Take your meds today money money doctor say
This should have been from long long time ago

Things we knew before could never be shared this way
Someone else must be getting paid
Things we did before could never be told no way
Or else we would end up in jail
Aah aah aah
Aah aah aah
Oh oh oh oh

#### 2. This Morning

Woke up early this morning
With a song in my head
Woke up early this morning
Got out of bed
Grab a pen and a paper
Then started to write
My story must be heard

Birds kept singing sweet sweet songs Call and response communication Donkeys braying horses nickering too Nature is communicating naturally

How about you my neighbor
How do you do
Did you have a good rest last night
How about you my neighbor
What do you say
Did you have good dreams last night

Good good vibe this morning Still in my head A good good vibe this morning

Are you still in bed
Put a smile on your face
Have a nice day and
Give a little light to the people we meet

Woke up early this morning
With a song in my head
Woke up early this morning
Got out of bed
Grab a pen and a paper
Then started to write
My story must be heard

#### 3. Waiting

Sometimes I'm strong sometimes I'm weak
And I'm not mad about it
What I give is what I seek
And in the end what do I learn
I learn to trust myself and pay attention
To my intuition
Who say if you're out of sight you're out of mind
Tell I who said it

I wait and wait from the morning
Straight on through till the evening
I stay up late till the crack of dawn
It's another day I say
I'm gonna keep my calm
That's enough till another day
I'm gonna rest rest to face another day
It's enough and I'm gonna rest
Till the morning yeah

Oh yes I wait from the morning
Straight on through till the evening
Day by day it's the same thing
If I had wings I would fly
To your sweet sweet heart where I belong
I'm remembering

Absence makes the heart grow fonder
Makes I ponder makes I wonder why is it needed
Absence makes the heart grow fonder
Makes I ponder makes I wonder why
And I'm so fond of you for I this is needed
I pray for faith health and strength to carry on yeah on yeah or yeah
I'm weak oh please forgive me

I sit and watch bird flying by
Breeze blowing through the summer sky
You sent I love from across the ocean oh
I wanna fly
To your sweet sweet heart where I belong
Night and day
I wanna stay right there where I belong
Still I'm remembering

Come home where you belong Hope I'm not waiting in vain How long must I wait how long Oh another day ooh another day

And I'm waiting and waiting and waiting For ever and ever
It seems like for ever
I'm waiting
I'm still waiting

#### 4. No Justice

Sammy and his friends went out to play in the park then
On their return Sammy got shot and was pronounced dead
They were simply going home to their stead when
Officer Crown shot Sammy down in cold blood he said

That's what you get for not doing what I say
That's what you get oh I want to know
For a law man is that a reason to shoot a civilian
Why tell I why oh why oh why it seems

There's no justice at all oh I say

No justice at all I want to know

Why officer Crown didn't get indicted and charged for his action

Why tell I why oh why oh why hey

Sammy and his friends went out to play in the park then
On their return Sammy got shot and was pronounced dead
They were simply going home to their stead when
Officer Crown shot Sammy down in cold blood

Too much power in the hands of the ignorant
Too much power in the hands of the belligerent
Too much power in the hands of the incompetent
Too much power in their hands of entitlement
People are saying
There's no justice at all yes we are saying
No justice at all still we want to know
Why officer Crown didn't get indicted and charged for his action
Why tell I why oh why oh why hey

There's no justice at all

#### 5. Talk

Talk talk talk mek ie - - - talk
Talk bassline talk hey talk say
Mek ie - - - talk talk talk

Riddle I this riddle I that Guess I this riddle and perhaps not Why when ie riddim sweet Sugar can't compete

Riddle I this riddle I that Guess I this riddle and perhaps not Why when ie riddim sweet Wi ha fi repeat

Talk bassline talk talk mek ie - - - talk Talk bassline a talk hey talk say Mek ie - - - talk talk talk

Talk bassline talk talk mek ie - - - talk
Talk bassline a talk hey talk say
Mek ie - - - talk talk talk

Riddle I this riddle I that
Guess I this riddle and perhaps not
Where water walk
Walk go a pumpkin belly

Riddle I this riddle I that
Guess I this riddle and perhaps not
Think too much and
We will miss the point

Oh oh oh

Talk talk talk mek ie - - - talk

Talk bassline a talk hey talk say

Mek ie - - - talk talk

Riddle I this riddle I that
Guess I this riddle and perhaps not
Why When Ie riddim sweet
Sugar can't compete

Riddle I this riddle I that
Guess I this riddle and perhaps not
Why when ie riddim sweet
Wi ha fi repeat

Riddle I this riddle I that Guess I this riddle and perhaps not Where water walk Walk go a pumpkin belly

#### 6. This Train Is Leaving

Yes yes yes yes
This train is leaving please come quick
This train is leaving it's no trick
This train is going East West North and South
Gathering souls for tomorrow's world

Take with you what's free and wild Take with you what makes you smile

Leave behind what makes you sad Leave behind what makes you mad

Leave behind those vibes that will push you down to the ground Leave them behind cause This train is moving quick

Leave behind those vibes that will push you around and around This train is rocking and rolling But don't get sick

Hey hey what you've got in those bags over there Leave them behind cause this train is moving quick

Hey hey are you ready for the ride of your life This train is rocking and rolling But don't get sick

This train is leaving please come quick
This train is leaving it's no trick
This train is going East West North and South
Gathering souls for tomorrow's world

## 7. Respect

Stop your fussing and fighting Respect every living thing

Stop your hate stop your killing
Rest the beginning
Respect the intelligence of existence

Stop you pushing and pulling
Watch what you're doing
Stop your bumping and boring
Respect the beginning
Respect the brilliance of existence

No need to rush take it easy
No need to cuss take it easy
There is enough for every one
Respect the beginning I say to
Respect the giving of existence

Each is given a deck of cards
A clean start don't be a fraud
Choose your play it's not so hard
Respect the beginning we've got
Respect the brilliance of existence

Humble yourself we're still in school Know your worth be nobody's fool Humble yourself stick by the rules Respect the beginning Respect the intelligence of existence

No matter who you are or where you're from Respect is for every one
No matter who you are we all belong
Respect the beginning come let us
Respect the brilliance of existence

## 8. Speak Your Mind

Say mama say Speak your mind

The road is like a see saw
Always going up and down
The road is like a see saw
And it's hard to ride alone

On my way up up I see you going down
On my way down down I see you going up
On my way up up I see you going down down

I am doing my thing the only way I see fit
I am doing my thing do not try to stop it
I am doing my thing no need to hold grudge
It's not a bed of roses

Say mama say Speak your mind

So much things to hear
So much things to see and touch
So much things to feel
So much things to hold close to my heart

Positive I'll stay though the road is kind a bumpy
Positive I'll stay though sometimes feeling grumpy
Positive I'll stay and I don't want to take this ride alone

On my way up up I see you going down
On my way down down I see you going up
On my way up up up I see you going down down

Say mama say Speak your mind

#### 9. Don't Be Afraid

Oh nah Oh nah nah nah nah Nah nah nah nah nah

Don't' be afraid of the past oh yesterday Don't' be afraid of tomorrow Don't' be afraid of the past don't run away Don't' be afraid of your shadow

As the line between love and hate becomes weaker Rougher yet the road with no sympathy As the war between man and man becomes stronger Tougher yet to way back to unity

Live and learn each day like a book
Live and learn the lessons we never took
Live and learn our soul we must reclaim it I say to
Live and learn and I will do the same

Learn to forgive it's a key element for Spiritual wellness and happiness

Learn to forgive it's a key element Do your best

Asia Europe America
Talking about the Middle East
Each and every one of us
The same DNA

Hands in hands smile Africa Hands in hands we're all in this together

Don't' be afraid of the past oh yesterday Don't' be afraid of tomorrow Don't' be afraid of the past don't run away Don't' be afraid of your shadow

Oh nah Oh nah nah nah nah Nah nah nah nah nah

## 10. Fooling myself

Once upon a time I thought I've heard it all Once upon a time I thought I've seen it all But surely surely I was only Fooling myself

Once upon a time I thought I did it all
Once upon a time I thought I knew it all
But surely surely surely I was only
Fooling myself

It's not once or twice that I've tried

I've tried to understand what's going on Yes I've tried tried tried to understand

Bitter sweet is life so many changes Bitter sweet is life so many ranges Bitter sweet is life and this time I'm not fooling myself

Bitter sweet is life no need for confusion Bitter sweet is life there's no other option Bitter sweet is life and this time I'm not fooling myself

It's not once or twice that I've cried I've cried tears of joy sorrow and joy Tears of joy joy joy sorrow and joy

Life is complicated
So complicated
Life is complicated and this time
I'm not fooling myself

#### 11. Turn Up The Music

Turn up the music let the people dance
Turn up the music let the people dance
Turn up the music let the people dance oh yes
Cause we are in a dancing mood

Let the music play
Turn it up let it play
Please mi selecta
Cause we are in a dancing mood

Let it play
Turn it up let it play
Oh please mi selecta
Cause we are in a dancing mood

Leave your troubles behind
Peace of mind you will find
Fling way yu troubles an' come mi say fi
Dash way yu worries an' come

Turn up the music let the people dance Turn up the music let the people dance mi say fi Turn up the music let the people dance oh yes Cause we are in a dancing mood

Let the music play
Turn it up let it play
Please mi selecta
Cause we are in a dancing mood

Let it play
Turn it up let it play
Oh please mi selecta
Yes we are in a dancing mood

Put down yu troubles an' come
An' don't forget your dancing shoes
Throw down yu worries an' come mi say fi
Come mek wi dance the blues
Come mek wi dance the blues

Turn up the music let the people dance
Turn up the music let the people dance
Turn up the music let the people dance oh yes

Cause we are in a dancing mood

Let the music play
Turn it up let it play
Please mi selecta
Cause we are in a dancing mood

Let it play
Turn it up let it play
Oh please mi selecta
Cause we are in a dancing mood

#### 12. Again

If you a troublemaker

No bother tarry yah

If you a warmaker

Run away run faster

Run away oh please don't stay

In a vision I saw heaven on earth again
No fuss no fight no trouble no war again
In a vision I see us living this dream again
Peace and love is the supreme again so

If you a vampire
No bother tarry yah
If you a spit fire
Run away run faster
Run away run far away

If you a troublemaker No bother tarry yah If you a warmaker

Run away run faster Run away oh please don't stay

Lovely days and lovely nights we've lost again and again
Do the things you love love the things you do again and again
A day lost is like a year lost can't retrieve it again
We've got to keep fighting for the right thing again and again so

If you a vampire

No bother tarry yah

If you a spit fire

Run away run faster

Run away run far away

If you a troublemaker
No bother tarry yah
If you a warmaker
Run away run faster
Run away oh please don't stay

#### 13. Wi A One

Nnnn Nnnn
Are you ready for change
Come along the whole a wi a one
Nnnn Nnnn
Are you ready for change
Sing along the whole a wi a one

No matter your position or your situation Whether you're a little man or a big big man I and I and I have ears to hear Hear righteousness calling Come along the whole a wi a one

Nnnn Nnnn
Are you ready for change
Sing along the whole a wi a one

No matter your religion or where you stand Whether you're a Christian or a politician I and I and I have eyes to see See together we're chanting Come along the whole a wi a one Nnnn Nnnn Are you ready for change Sing along the whole a wi a one Nnnn Nnnn Are you ready for change Come along the whole a wi a one Come along the whole a wi a one

Rastaman chanting the system failing
Babylon's falling everyone's asking for love
Singerman singing the system derailing
Everyone's asking everyone's balling for love
Nnnn Nnnn
Are you ready for change
Come along the whole a wi a one
Nnnn Nnnn
Are you ready for change
Sing along the whole a wi a one