Don't blow no bubbles
Don't blow no troubles

In time before there was no cure Now through his will it's healed for sure (TRASH PITS, TRASH PITS, TRASH PITS) Away! It's not the weather, we've got P.M.A.

We know you can do anything And no thought withheld from thee So here I beseech thee To always request and declare

Don't blow no bubbles
Don't blow no troubles
There's got to be a better way
Don't blow no spikes
Ask Jah and he'll make the change

We know you can do anything And no thought withheld from thee So here I beseech thee To always request and declare

We know you can do anything And no thought withheld from thee So here I beseech thee To always request and declare

Don't blow no bubbles (and we can stop the AIDS)
Don't blow no spikes
Don't blow no fudge buns
Ask Jah and he'll make the change

We know you can do anything
And no thought withheld from thee
So here I and I said to thee
To always request and declare