Ooh ooh ooh
I know, I know
Ooh ooh
My heart is filled with grief when I remember
How they've taken our foreparents from their homeland
Shipped to every corner of this earth
Bound in shackles and chain like their beast

They would be spanked with many strikes by the master If they should ever not do just what they're told It really grieves my heart to see It's pure brutality

Whenever I recall my history
It grieves my heart, you see
How they've treated our foreparents
In the days of slavery

Slavery and brutality That's all they give me That's all they give me

My heart is filled with grief when I remember How they've taken our foreparents from their homeland Shipped to every corner of this earth Bound in shackles and chain like their beast

They would be spanked with many strikes by the master If they should ever not do just what they're told It really grieves my heart to see It's pure brutality

My heart is filled with grief when I remember How they've taken our foreparents from their homeland Shipped to every corner of this earth Bound in shackles and chain like their beast

I know, I know, I know
I know, I know
Ooh ooh
Jah jah