No pain no gain is the flame in your brain And I can't tell you 'you can't do it' You will taste the pain You gotta be tough and rough like any superstar That you see on TV and what is called a gangsta Hah, hah, hah, you really think you could be Just with the hat on your head and a fist like an O.G. Mad it is you know to think you are Hardcore as the guys in L.A. are Well, my pal, you don't need all that hardcore Yo motherfucker, you know what's your fist for To put a brick upon a brick now won't you quit Yet to give me that bullshit cause this is not america Don't give me that bullshit cause this is not america Chorus: This is not - ah this is not This is not - this is not america There's people getting sprayed with the bullet of pain By the media the guns and you're the aim Again 'n' again 'n' again An american media don't make a man Of all you soft ice wanna T's - ah who you wanna be? Be an invidual; show personality Take all it takes to be somebody else And don't belive all of what the hype tells Cause if you're down with yourself, and if you're down with you r soul

- Ah, you will quick understand what this was for Don't think you gotta be like the 'homies' are Cause all you want is bliss and this is not america Cause all you want is bliss and this is not america Chorus