Earth, what a sufferation, yeah, sufferer. I would rather live my life as a poor man, Than to live inna corruption, From when me born me grow in sufferation,

A poverty don't no, no complextion, Inna the ghetto its the same situation, Dog a eat dog so you can't trust no-one, Informer them a gather information,

Put a next man me seh down inna detention. Vicious, boom sound.

A this is a chant of a poor man,
This is a chant of a poor man,

Me holla rise up, face the enemy Show dem we solid, an we ready, Rise up face the enemy, Solid as a rock an you know seh we ready,

It is the time that you know we have to fight, We have too stand up and deal with them right, It is the time that you know we have to fight, We have to stand up and deal with them right.

This is a chant of a poor man.
This is a chant of a poor man.
Roughouse, watch this, well alright.
Jus warming in man, selector, do it.

Form a circle, light the chalice, mek we call the rasta man, Mek we beat the bingi drum, mek we chant down babylon, It's jus natural, you know tue herb inna me life me burn ital, Me no want no seed, no stalk, a me no burn no petal,

It's jus the buds on the herb, to which me partial, Burn it by the key and by the ounce cor me a general, Lick it inna me pipe, we win any battle, battle, battle. It is tue time that you know we have to fight,

We have to stand up and deal with the right It id tue time that you know we have to fight We have to stand up and deal with them right. A this is a chant of a poor man,

Help me ou farther with your words of wisdom, This is a chant of a poor man. Help me farther give me your protection, This is a chant of a poor man,

Help me ou farther with your words of wisdom, This is a chant of a poor man. Well me baul an sing, All sufferers, a natural mystical, earth force,