I'll take a runaway train from the reigns of shame And focus things so my head don't hear my brain It's how I'm seeing - keeping it even with balanced breathin

When the Zion train come it's the last one leavin I'll be long gone, when I'm finally home Just relaxing from the action in the danger zone It's my rest bit, catching my breath before I exit Return to the Earth, be on some next shit, bless this!

One time, maintain shine, chains can't bind, free your mind!

Lemme holla, lemme holla, lemme holla lemme holla Aiyyo one time, maintain shine, chains can't bind, free your mind!

Lemme holla, lemme holla, lemme holla, lemme holla

Scolding sill, mellow ice grill, people keep on telling me to chill

But I know it only poetry can feel
With emotions that I mostly need to heal
It's all part feeling, strong whip black children
March through the streets with a million
Dealing with injurious, just us against us
We must bust back until they vanquished
Attack, pull over fool this is a jack
Now gimme back the fad and my bamma weed sack
My culture, every day I'm getting closer
Living it up like I'm supposed ta
Who the king ruling this? (Jah!!)

Jah the light'll never miss ya
One of these days I'm gonna kiss ya
Touch you with my lips against the cheek
Gonna hit ya, so every day I'm reading scripture
One day!

Holla (holla!) holla (holla!)

Let's get steady the beat get 'eavy

When this hit you better get ready

Barricade your brain the fallout to deadly

Runaway for the 'ad the Serengeti

The good that you speak no speak of the smelly

Stink like meat gone bad brother tell me

Why you never want to call Jah from the celly?

Why you wanna never call Jah from the celly yo?

Maybe gold, when I unload, make an ego explode uh They be gone soon's I enter in the do' uh We be venting unrelenting too cold uh Fuck a white collar, sucker can't do me nada Been in a lotta situations made it hotter Homie but we gotta live it gotta follow Give it then I get it, spit it make it proper It's alright, plus my mic sound nice Flip it, be specific, them yell dice We fly on a gamble, try learn to handle

Ways that the days of life fade to candle And flicker, sicker, black when the cut back 'Fore we lose track of where we at...