

1. A PRAYER

O JAH GUIDE I an protect I
From my enemies' tracking, hide me
To my friends, give me wise words
Give I inner strength to move forward
Inner power to break obstacles on my way

Drive evil away from me, O JAH.
Without your inspiration, O JAH
My powers are ineffective
Without your light my eyes misguide
Without your way I go astray

JAH MIGHTY hold me in your hands
Keep me from impurity.
From this time until Iwa
By this time and Itinuously. SELAH !

(Varus Sosoe Jah Stony, Ottawa, 11-05-95)

2. NOSTALGY

Nah help yuh fi noten ef yuh a fret / S'alarmer sur son sort ne sert à rien.
Yuh a fi face it ! / Il faut y faire face !
An step up till di end ! / Et aller jusqu'au bout !
Dis ya warrior spirit ! / C'est ça l'esprit guerrier !
Live ! Live ! Live ! / Vis ! Vis ! Vis !
Alla dem tings ina life dem seem / Tout dans la vie semble,
Even in a progress, / Même dans le progrès,
Fi bring a man back a yard to him deeper roots / Ramener l'homme à ses profondes
sources
Di One an di Many juss I / L'Un et le Multiple ne font qu'un
Same ting Alpha an Omega / Tout comme l'Alpha et l'Omega
Life an Death / La vie et la mort.

(Jah Stony Varus Sosoe, le 23--11--89)

3. NAH WARRY YUHSELF!

1. In a dis ya time of tribulation
Man hafe stand firm fe fight for his right

In a dis ya time of tribulation
Man hafe stick to some strong values
Cultural, Spiritual.

God will help move forward
Jah will help go ahead
Allah will Itect I & I
Atah la woe do de
Nyame be tsre.

Give up your troubles to the Almighty
Believe in Him who giveth you life
'Cause withouth him help
You nah survive day by day

Him is the ruler of earth and sky
Never worry bout wah yuh a nyam
Wah clothes fi put on
Wah shoes fi wear
Weh place fi lay head

Juss stan firm an strong !

(Early, 1994, Ottawa)

4. LIFE

Tormenting current of life
Whirling stream of life
Where are you driving us?
Towards what unknown destination?

Should you lay us in a resting place
After breaking up our bones?
Should you grant us a refreshing air
After suffocating us so much?

What would our reward at the end be?
When would our pay day be?
What would be this reward?
Where would it occur?

More questions than answers

And the more one questions
The less answers at hand
No definitive answers to stick to!

Should our own path we choose? Can we?
Should we a destination for ourselves find? Can we?
Can we really our self-mastery achieve?
Can we really, LIFE, your threatening waves control?

Humanity in an insecure position is
Every decision, action or omission
Advantages and drawbacks, indissoluble!
No way to completely master, no way drawbacks to avoid!

Prudential practice of life
Within the limits of the Just, the Truth.
No mistreating of other human beings!
No misjudgment of their way of life!

The Truth and the Just not reducible
To mere human changing humour
In the Akashique Archives,
Lie Universal, Cosmic guiding principles.

Wise men of all ages
Having lived through the same tormenting life
Having let themselves guided by GOD'S SPIRIT
Have long laid down records of their positive experiences.

Every creature have its living principles
This is what they say
Human beings are endowed with powers to discover theirs
Only he who searches finds.

Running for power over others
Searching for silver and gold
Only lead men astray
Humanity is in distress.

Where are we going from here?
Could we turn our heart and soul
Towards wise men teachings?
This is the only way Humanity can be redeemed!

(Varus Sosoe Jah Stony, Ottawa, 11-05-95)

5. CHILD

7 months now you came pon dis earth
Do have all my best greetings
I am your father, father, father.
Hope you are doing pretty good
Growing day by day,
Smiling like a sun, RA.
Keep on smiling, best of cure! Be sure!

Hope you are doing Irie
Getting more and more spiritually awaken
JAH mind !
Don't let your light turn down
Keep it burnin', a flame.

You are a livicated son !
A beloved !
Everythin' !

Hope you are doing peacefully
Joyfully, brilliantly,
Wishes, the best.

Thinkin' about you
A task, a livication of whole life
You will be my artical heir
Inward strength
Through JAH MIGHTY
OMNISCIENCE, OMNIPOTENCE, OMNIPRESENCE !!!
A MORNIN' PRAYER, A GREETING.

The rest, earthly riches
Important in life too
I wish yours will be better than mine
Poor money wise, your father
But you, rich
Through the Power of the Most High !

(Gloucester, 19-06-96)

6. ROOT, RESITANCE AND REDEMPTION

Eyes cast upon a black woman
Ina de middle of de krowd
Prayin' de Gods of her Fathers
Singin' dat Powerful
Afrikan Revolutionary, Freedom Song
Nkosi Sikelel Afrika
God Bless our Homeland IYAHFREEKAaaa ...

Backed up by dat Brada Niyah Man
Spreadin' Niyah Vibes
Kool but Dread like a Lion... Ispekt !
All of a sudden Yout dem a kom
Fe Itualize sing chant an Ikollekt
I man own history, true true history
Leadin' I an I forward to I an I Root

Crowd attentive No kommotion
Ready fe draw some more lessons
Lek itself taught an taught an taught
Mystikal Isight Moral Upliftment
Psychological Strengthenin' an Upheaval
Politikal Idikation fe freedom bakkle
Kultural an Ekonomikal Iprovement

Sense of Race pride for Bakkle hard
Step of de Maroons Paul Bogle
Marcus Garvey Martin Luther
Malcom X Steve Biko Bob Marley
Nelson Mandela an many more
Kom we chant down Babylon !!!
Unfold de word de sound an de power of de Voice

Kom I rekonstrukt I history
Kom I yod along and fight right bakkle
Kom I chant Far I Mighty Jah
Kom no matter de kolor of de skin
Kom no matter weh yuh kom from
Kom stick to de root
Ispekt I forefathers.

(Varus Sosoe Jah Stony, Ottawa, 27-06-97)

7. TALK ABOUT ROOT

DE ROOT AN DE MUSIK GO TOGETHER

Listen people ! Wah gwaan' ?

Dem kom an rape I man sista

Dem kom an rape I man mada

Dem kom an nyam off me fada strength

Dem kom an brek I man brada leg

An mek I man blood sweat

An took I man away

From I man root

Mek wee do it ! Dis ya kultural ting

Wee play wee musik komin from JAH MIGHTY

Fe kop wid dem bloody tribulation an stress

Dem put pon us

Wee play wee musik komin from JAH MIGHTY

Fe raise wee mind an spirit

Wee play it fe shake dem wicked mind

Kom me bredren kom me sistren

Kom fe praise de Holy One

Kom fe chant songs of joy an praises

Kom fe scatter dem a yard

Kom, me say kom !

Weh yuh see dem a kom wid dem guns an bombs

Fe not'n Just destroy wee Mighty mind

Fe not'n Just pretend dem wise

Fe not'n Just sell dem mean play tools

Weh yuh see dem a kom wid dem rubbish science

Wee have Ience Komin' from Iyah Man

Rootikal Ience Mek yuh one

Wid de Whole Iniverse

Rootikal Ience an Wisdom

Komin from de Lineage of KING SOLOMON and SHEBA

Tell demm !!! Dem lack science !!!

So kom wee play

So kom wee chant

So kom wee pray

Kom wee fite
Fite right bakkle
Fite against apartheid
Fite against dem misfriendliness
Fite against dem prettily folded wickedness
Brada no fear dem
Sista no fear dem
Fite dem back a yard back a yard
Inside out ... Ispektly !

(Varus Sosoe Jah Stony, Ottawa, 07-12-96)

8. LIVIKASHAAN A MUTABARUKA - I

ITATION: MAN AN HIMSELF

Kom-Unity stream
Sometimes like a pignty
Stan amon yuh Idren
An knuh yuh alone
An knuh yuh stan fe I an I too
A fe also Kom-Unity. An better:
Inity

Ways an ways thruh life storm
But way JAH MIGHTY choose fe yuh
Man, knuh it an Asept it
See thruth an widdin yuh
Spiritual eye, I
Nah fallah weh man an man a waan
Yuhnity

A power deh Inside, I side yuh
Shoh yuh path yuh a fe choose
Fallah heart an soul an mind
An body stream
Mek One wid de whola Iniverse
Yuh, I, kom I an I
Wee: Itation!

Some a seh dem nah believe in Itation

Ka dem kom-fuse wid de Krew
Like dem nah knuh di way fe demselves
Man, see wey yuh alone a nite
Man, see wey yuh alone a maarnin
Man, see wey yuh alone widdin yuh manhood kondition
Though people round yuh

Fiaah!!!

JAH alone yuh a fe fallah
Wise men guidings rules an principles
Yuh a fe akt pan
Deep widdin yuh a kulture nah vulture
Stay I, be I, akt I, praise I
Spirituality
I

Noh, ef pignty waan fe drift yuh afar
Drift yuh far fram de shore
JAH MIGHTY shore
Fite, fite, bakkaah, Bakkaah wall
Wid yuh whola might
JAH see an knuh, di Redeemah see an knuh
SELAH!!!

A reward yuh nah see
Wikked man a roam round yuh
Wolves klawt ina ship klawt
More yuh look a dem less dem yuh see
JAH seh:
Behold! Son, Kool,
Meek shall Iherit di Eart

An a place by Iside: Ethereal spheres
I, ALPHAH AMEGAH BEGINNIN AN END
Selah!!!

(Fram RasWire Varus Sosoe, Edmundston, 26--03--98)

9. LIVIKASHAAN A MUTABARUKA - II

I AN bahbelon

I an bahbelon
Klash like ZION an sodohmgomora
Fe waah?
ZION Holah an sodohmgomora evil

I an Bahbelon
Flash like JAH kingdom an dragon armies
Fe waah ?
JAH Kingdom Spirit an dragon armies flesh

I an bahbelon
Asunder like baby sucklin an wise prudent
Fe waah ?
Baby sucklin purity wise an prudent dutty

A fe spiritual sake
Fittest a fittest survive dem seh
Purest a fittest Eternity IYAH seh

I an bahbelon
Deflahgrate like Thunder Cyklone Tempest
Fe waah ?
Ahmahgeddeon Eskathon

I an bahbelon
Soldier a JAH ARMY an world powers
Fe waah ?
Konquer Konqueror a Konquerors ?

(Fram RasWire Varus Sosoe, 26--03--98)

10. THREAD A LIFE

Praise di Lawd I
Praise HIM Greatah a greatahs
Wake moment talk to HIM
Talk to HIM Dreadah A Dreadahs

No waan dat a mahnin
Tek time like Iwah
Tink purpose fram purposes

Chant Chant an Chant I

Muzikal Healin (an Herbs too some a dem sey)
Palm wine A Ruhm Jahmekyah
Check System Waatah Pure Ovah Head
Shek Dreads an Kool Look Straight

Up ina Di Sky Blue Light a Shine
Ovah Mountain Arinj Light
Iwah Green Rocks an Plantashaan
Wise Goats an Birds pan trees

Singin Jah name
Jah Life Givah
Strength Givah
Energy Givah

Be wid I an I
I an I I an I
Soulful bredren an sistren
Be wid I an I
I an I I an I

9. Muzikiley Vibes

Itrate Iyah Binghy Vibes
Mighty an Positive
Phyzikahl Plane a LIFE dat Whole
Iside Iself

Kultural tings a way fi Iness
Riddimikahl mov a spread bad vibes out
Ina di Soul endowed wid
Natural Ites of Ites

Stay Kmt Be Wise Kmt
Talk Wise Kmt an Raise KMT
Up Up Up ! DignifIyah !
Blakkah Kool an Wise, but Dread

Stick to di Root a di Ancestahs
Gi yuh anytin yuh need
Tek time fi feel an dance ovah

Get High Get High Get High

No Mam no Dad
But Mam an Dad
No job no food
But job an food

No trouble dance it out
No worry Itate out
No sorrow Feel iwa
Sekand ina Iwaaahh.....

(Decembre 2000, Fribourg)

11. SATAN EMPIRE

Look ina yuh history ina wataah
A wey yuh see ?
Satan tempted di Hola One
Showin him alla wordly golds an lands
Riches an riches him show

Look ina yuh History
A Wey yuh see ?
Satan a keep an fightin against Jah children
Temptin dem wid Silver an Gold
Past thruh woman fi capture Jahman's soul

Look ina yuh History
A wey yuh see ?
Satan a keep an fightin against Jah children
Temptin dem wid Pearls an Myrrha
Past thruh man fi get hold Jahman's soul

Mi Idren dat History kontinuierous
See it a flow every minute a day
An everytime a pure soul a meet Jah
Satan him around wid him plastik smilin face
Shameful face jus a pretense

Satan pawaah a limited ina dutty spheres a earth
Satan pawaah shiloh noh
Him a roarin wanderin round a hungry lion

Fi devore an tear dung Mighty an bright Shiloh-s
Jah anointed lift up soul to Jah

Fight Satan an him Empire yuh brada an sistah
Near yuh dem bred pan devilish tricks
Awake yuh mind an fight wid yuh whole might
Yuh got di pawaah fi di struggle, Hola struggle
Armageddon !

Yuh reward a great an spread high an ovah
Fram generashaan to generashaan
Yuh offspring blessed people
Dem wicked man a doom fi iwa
Dem wicked man a loose fi iwa

Shame shame an shame
Sey it an sey it again
Ina yuh priors
Throw it pan devil face
Live uprite an be upful

Ina di name a di Hola One
Selah !

(Bredda Varus Stony Sosoe, October 2000, Fribourg, Switzerland)

12. JAH DREAD!!!

Dread Jah Judgement ADeah
Some A Careless Ethiopians
Dem Tink Seh
Nah God fi Judge Dem Ways

So Jah Lek dem
Fi Redeem Demselfes
Dem a Sinnahs...
Mankind ... !!!

Mankind Yuh a Sinnah
Change Yuh Weh Jah Seh
Luv Seh Seh Jah Seh So
Him Seh So

Star Shine! Listen to Di Sound
Sound Sounds So Harmoniously And Dreadful
Komin Fram di Ighest Ites ...
Kool Get Di Ites

Get Di Higher Feelings
I an I Stan For It
Spread It Out
Jah Luv

Iyaaaaaaaaaaaah