

[U-God]  
Once again...

Through the storms... I gotta stay strong  
Take deep breaths, hold on long, bring the harm  
with no regrets, on my chest, let me knowledge be born  
on levels, wild, devil copters mark my every step  
When the riots form, my woman keeps me warm  
&gt;From Fort Green I sing the song mean  
Bring the calm overseas, glide high in the skies  
Sky dive... far... far as the eye could see  
In the midst of acapell', I ball my fist up  
Unravel, travellin to the cells of Gotti  
I shot up a shell, will he drop? Will he flop?  
Will he go pop a cell? Is his mind frail?  
The worst is groove frantic, he expand the planet  
Plan harder, your Godfather's plans failed  
I air mail the senseless scar, two snub noses  
Niggas love those expensive cars  
Is it him and those twenty inch rims, splittin the tar?  
An amazon woman from the stripbar  
God, it varies, Halley Berry, stars eatin hard cherries  
This world is bizarre, not bein far from Mars  
Galaxy hoppin, non-stoppin the sun rays  
Stay and paid for real, 'til I'm old and grey  
Pretty legs, of course, soft as clay  
Degrees, hot breeze in your hair all day, all day  
Engaged a lot, rockin hot and cold chains  
Is my brain vain? Flames, still dock the missles  
Let off one, stay in your lane  
Everybody got issues, I'm drunk off the rum  
Numb, one case got thrown out in dismissal  
Everybody got pistols, but will the referee blow the whistle  
before I lock on your ass, bone gristle?  
These streets is crystal, crystal, crystal

[Hell Razah]  
Pleasure and pain, some took lead to the brain  
Got rich and couldn't live for the end of the game  
Government chain, breakin off the slavery chain  
From a weddin to a funeral, it's pleasure and pain  
Guns, gangs cock back, ready to aim  
Call in Fergusons, ridin on the back of the train  
Televisions and this cocaine, got us insane  
We got to war, if we all got a burner, then flame  
Baby showers, same day as nuclear showers  
Prophecy's harsh, world will be destroyed in an hour  
Shots fired in the night, from the heart of the coward  
Stop the crow from the young flowers, from goin to Howard  
Brooklyn Babe Ruth, raised in fatigues and boots  
Blue-printin who we hittin, and we need to shoot  
No description, all though it was dark, an Egyptain  
And didn't have no love, but a grudge against Clinton

[U-God]  
Representin... how much gold can one man claim?  
Over horizon, recognize him, it's candy rain  
Flusty, lookin out of dusty old window pane  
with nothin to lose, but everythin to gain  
So far to go, much more is unclaimed  
No delay, when we spray, we Play IV Keeps in the Jeeps  
stumpin somethin gritty, it's gun nitty in the city  
that never sleeps, street sweepin  
is senseless, intense, fenced in, fleein  
A long road ahead, I'm still believin in my freedom  
On the darkest day, I'd say your darkest hour  
I came to realize, the sin is most inner-most power  
So enchanted, cry inside, fryin and dancin  
At God speed, damn it, fear is planted  
Severe nature of man, there's still no cure  
Seduce me, reduce me to ashes, caught in the law  
Atoms scatter, brain lashes, to the core question  
Still no answers, moves of the phantom, handsome  
Midnight silence surround us, eye in the sky  
Everythin is a lesson, RZA another God for all of your blessins  
I'm reppin, grateful 'til I'm dead, hateful heads, we under Allah's  
protection  
Essence of life, one second, after the blastin  
I wonder, is Heaven truly everlastin?  
I'm askin, I said it to four lost relatives missin, in action  
Communication breakdown, it's all the same  
Havin a nervous breakdown, draw you insane  
It's just pleasure and pain, pleasure and pain

Another man's loss, another man's gain  
Stay in the game, pleasure and pain  
We treasure the fame, pleasure and pain  
Pleasure and pain, pleasure and pain, pain, pain, pain