

# One Spliff A Day

Natasja

(Intro)

Yah yusha

Pharfar run track yea!

Tasha passing thru.....

go so nowChorus

One Spliff a day, Good music haffi play

and a dip inna the bay

will keep the bad tings away

A so mi doctor say

so Dung a yard mi haffi stay, Hey:

mi haffi follow mi heart JAH man

One Spliff a day, Good music haffi play

take a dip inna the bay

will keep the bad tings away

A so mi doctor say

so Dung a yard mi haffi staaayheyVerse1

Mi waan feel The breeze again

i wanna find peace again

The harder the struggle

the stronger JAH people yea

the heart beat a Africa

Inna the island culture yah

Mek mi caan believe how far

dem ship Jah warrior, Away

All a mi Nubian bredren them

From Tivoli Garden and grants pen

Unu mek mi proud to be a African

And feel seh mi home again, yaaa eyea.

Chorus

One Spliff a day, Good music haffi play

and a dip inna the bay

will keep the bad tings away

A so mi doctor say

A Dung a yard mi haffi stay,One Spliff a day, Good music haffi play

and a dip inna the bay

will keep the bad tings away

A so mi doctor say

so Dung a yard mi haffi staaayVerse2

Sudan a plead again

the people them a grieve again  
 Denmark a freeze up  
 Mi Mumma beg mi nuh fi leave again  
 Mi love the place weh mi born and life star  
 Now mi roots dem a tear mi apart  
 I'm traveling far to follow my longing arms  
 Cant believe mi destiny  
 And how mi soul all divided inna three  
 But right yah now a yard mi find me melody,  
 melody, it go so. Chorus  
 One Spliff a day, Good music haffi play  
 and a dip inna the bay  
 will keep the bad tings away  
 A so mi doctor say a Dung a yard mi haffi staaay, yea... One Spliff a day, Good music haffi play  
 and a dip inna the bay  
 will keep the bad tings away  
 A so mi doctor say Dung a yard mi haffi staaaayone spliff a day, one, one splif a day,  
 one spliff a day ital food up pon mi plate,  
 hey, one spliff a day, rub-a-dub inna the shade  
 one spliff a day, yuh dun know Verse 3  
 Mi waan feel the breeze again  
 i wanna find peace again  
 The harder the struggle  
 the stronger JAH people yea  
 the heart beat a Africa  
 Inna the island culture yah  
 Mek mi cant believe how far them ship  
 Jah warrior, Away One Spliff a day, Good music haffi play  
 and a dip inna the bay  
 will keep the bad tings away  
 A so mi doctor say, a Dung a yard mi haffi staaay, yeah One Spliff a day, Good music haffi play  
 and a dip inna the bay  
 will keep the bad tings away  
 A so mi doctor say Dung a yard mi haffi staaaayright yah so mi haffi stay One Spliff a day, Good music haffi  
 play  
 and a dip inna the bay  
 will keep the bad tings away  
 A so mi doctor say Dung a yard mi haffi staaayhere i come One Spliff a day, Good music haffi play  
 and a dip inna the bay  
 will keep the bad tings away  
 A so mi doctor say Dung a yard mi haffi sta...  
 Song Discussions is protected by U.S. Patent 9401941. Other patents pending.