

SHE + coro :

**isonka**, bread

**amanzi** water

**ityiwa** salt

**wawo wonke umntu** - for all

SHE :

**what is freedom in Xhosa**

**freedom is difficult**

**but no...**

SHE + coro :

**wam-** my

**umqala** - throat

**uyaqaqamba** - is sore

**akhò ilula hambo** - no easy walk

coro :

**No easy walk**

**akhò ilula hambo**

**to freedom**

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coro :

**NO Freedom without bread  
NO bread without Freedom**

( from the speech to ANC meeting 1953)

SHE (quasi folk) :

**our people**

**have no food for their children.**

**our people**

**are too poor**

coro :

**You will remember**

SHE :

**they sleep on cement floors on cold nights**

**wearing only sacks with holes for their heads and arms**

**to cover their shivering bodies**

coro :

**You will remember**

SHE :

**taken to fields, indunas sjambokking who drops for  
hunger and exhaustion.**

coro :

**You will recall**

SHE :

**the farmer tying a man by his feet from a tree and flog  
him to death,**

**pouring boiling water into his mouth whenever he cried  
for water.**

coro :

**Apartheid is the rule of the gun and the hangman**

SHE :

**because**

coro :

**we are shadowed, hounded and trailed**

SHE :

**because**

coro :

**we voiced our horror and indignation,**

SHE :

**because**

coro :

**we condemned the slaughter of the people of Kenya,  
Vietnam, Tanganyika**

SHE :

**for**

coro :

**we resisted the rule of violence, the rule of the napalm,  
the criminal appetites of the imperial powers.**

( from the RIVONIA Trial, 1963 )

**A black man in a white man's court.**

**I had a dream**

**the ideal**

**of a free world where all persons live together in  
harmony**

**an ideal for which I hope to live for**

**an ideal**

**for which I am prepared to die.**

**Never, never and never again the oppression of one by  
another ”**

coro :

**Never, never and never again .**

( IN JAIL, from the journals 1963-1990 )

SHE ( with choir)

**The chains of the body are wings to the spirit**

**21 february 76**

**Raid by 15 warders under Officer Barnard**

**29 December 79**

**2 Mentadent toothpaste**

**1 Omo washing powder**

**20 May**

**Virus again from left eye to the right one**

**19 August 1981**

**Tsotsobe, 25 years old**

**Shabangu, 28 years old**

**David Moise,**

**sentenced to death.**

**Mxenge,**

**murdered.**

**...Think through brain, not blood...**

**9 April**

**RELEASE MANDELA campaign in London**

**5 May**

**weight without clothes 75 kg**

**15 March 84**

**Madiba record Free Nelson Mandela sells well! 4th in pop charts.**

**4 july '89**

**crucial meeting with**

**President De Klerk for 2h55'**

**71th birthday.**

**SHE / coro :**

**The time for the healing of the wounds has come.**

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**coro :**

**The only way is by making your enemy your friend.**

**SHE :**

**I was abused, I didn't see my children grow up, I lost my**

**marriage and the best years of my life.**

**The only way is by making your enemy your friend.**

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coro :

**I wanted to be free.**

**Free Nelson MANDELA !**

**Apartheid is the rule of the gun and the hangman**

SHE :

**If I still hated them, they would have me forever.**

**I wanted to be free.**

**Let it go.**

coro :

**Free MADIBA !**

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coro :

**'Free at last! Free at last!**

**Thank God Almighty!**

**Bread water and salt for all**

**Glory and Hope to Liberty**

**Let the freedom reign**

**Still no easy walk to freedom**

**God bless Africa!**

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**SHE :**

**I was keen to see the open Veld, the blue mountains, the  
rich valleys,  
the rapid streams as they speed into the insatiable sea.**

**coro :**

**GOD.**

**We have been praying you, pleading with you, asking you  
to liberate us.**

**now**

**we are INSTRUCTING you to liberate us.**