

## The Update

Beastie Boys

I Can Hear The Trumpets Blowing Screaming Out The End Of Time  
Look Around And Listen And You'll See Every Sign  
The Waters Are Polluted As The Forests Are Cut Down  
Bombing And Drilling Deep Below The Ground  
Check The Prophecies From Around The World  
And Look Around Now As It All Unfurls  
Look Into Yourself And See What Goes On  
Get A Feeling In Your Heart Of The Right From Wrong  
Because The Mother Earth Needs To Be Respected  
Been Far From Too Long That She's Been Neglected  
Race Against Race, Such A Foolish Waste  
It's Like Cutting Off Your Nose To Spite Your Face  
And At The End Of The Wars, What Was The Cost  
It's Clear That The Earth Was The One Who Lost  
We Are One With Her As She Is One With Us  
It's Unreal How She Is Treated So Unjust  
As Our Planet Grows Smaller Each And Every Day  
Everyone Affecting Everyone In Every Way  
We're All Citizens Of The World Community  
All Here Together And We're Searching For Unity  
Over The Years, I've Grown And Changed So Much  
Things I Know Now Years Ago, I Couldn't Touch  
There Are Things I've Done That I Wouldn't Do Again  
But I'm Glad That I Did 'Cause I've Learned From Them  
I Just Try To Stay Present Right Here, Right Now  
No Worries, No Fears And Without Any Doubts

It's About Time [x4]

'Cause In These Times, These Changing Times  
A Transition Is Occuring And I Am Not Blind  
As The Pendulum Swings A New Age We Enter  
And With Every Swing, It Draws Closer To The Center  
Yes The Storm Before The Calm And The Wars That Lead To Love  
Things Must Run Their Course So We Push And We Shove  
But We're Here To Work It Out In One Way Or Another  
To Find A Mutual Respect For Ourselves And One Another  
And The True Key Is A Trust In Self  
For When I Trust Myself, I Fear No One Else  
I Took Control Of My Life, Just As Anyone Can  
I Want Everyone To See It's In The Palm Of Your Hand  
The Past Is Gone, The Future Yet Unborn  
But Right Here And Now Is Where It All Goes On  
I Know We Can Fix It And It's Not Too Late  
I Give Respect To King And His Nonviolent Ways  
I Dream And I Hope And I Won't Forget  
Someday I'm Going To Visit On A Free Tibet  
Someday I'm Going To See Us All Joined As One  
And It Would Be Too Bad To Blow It Up Before We're Done  
'Cause We Long Behind The Rage Learning From The Pain  
The Love Behind The Tension Like The Sun Behind The Rain  
I'm Sending Loving Light To All That Is  
To All Creation And The Life We Live  
I'm Not Preaching Bull Shit, Just Speaking My Mind  
'Cause I'm Here Now And It's About Time