It was a long hot day
At the end of the Summer
I had a chill in my heart
Like the start of the Winter

And I didn't know what to wear I wasn't sure what to say I was standing alone At the tail of the river

Dive in to me - into the raging sea
Follow your heart down where it's deep
And it's dark
Dive in to me - into the healing sea
Put your life into my hands
And take a chance
Dive into me

So we loaded up the car Drove deep into the mountain Where the river was born In time's holy fountain

And we spoke about how it ran All the way to the ocean Trusting it's path To a natural motion

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Follow your heart down where it's deep
And it's dark
Dive in to me - into the healing sea
Put your life into my hands
And take a chance
Dive into me

Sometimes swirling waters drag you down
Knowing how to swim doesn't mean
You'll never drown
Come the storm, you hold in fear
Whoever's by your side
Sometimes you're just drifting in the tide

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Follow your heart down where it's deep
And it's dark
Dive in to me - into the healing sea
Put your life into my hands
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Dive into me

Dive in to me