

## Sink or Swim

Citizen Fish

Let's go down to the beaches  
And run from the edge of the sea  
See what the movement teaches  
A frail sense of autonomy  
Cold toes in the water  
Two steps from freezing feet  
Feel the strength as you go in deeper  
And the cold consistency  
And if there's anyone watching  
You dare not turn around  
Till your arms are doing the clutching  
As your feet leave the ground  
Control or capitulation  
A new sense of affinity  
Having lost all the hesitation  
But back there it was just the sea  
Just a blue mass on the postcards  
Just a place to race the boats  
Just a waveline on the blackboard  
And now see how long the illusion float  
With risk co-ordination  
Swim half as far as you can  
We lose control of the situation  
When we think we've got it all pre-planned  
Back in dead-air building blocks  
We lose the urge to take a risk  
And calmly change our sandy socks  
Wishing there was more than this  
Stuck in these concrete houses  
We dry out in the heat  
Invent the worst excuses  
To stay there permanently  
Too many regulations  
Too many rituals  
The biggest risk was taken  
Deep-ending in the swimming pool  
The structured sand and water  
Reflects our structures lives  
We swim but never further  
Than the constraints of our minds  
Let's get back to the beaches  
Wider than a postcard  
And run straight into the sea  
Longer than a holiday  
That's what the movement teaches  
Sink or swim spontaneity  
You'll see what citizen can be  
If we recall the deep blue sea  
That evolved our weary brains  
Getting shrunk from too much stress  
We either get back into swimming  
Or we sink into a mess!