

Were all born into this river without knowing how to swim
And eventually we learn how to keep this water under our chin
Some times this river is so cold to be in
Freezing my soul, solidifying my skin
Regardless of how far I see, I never see my travels in
Were carried by the current, being driven by the wind
The scenery we pass, we'll never see again
So we store it up as memories and don't let go of them
Were under a spell thinking the river should go straight
We set goals and desires to control our own fate
But all the pain we experience as a result of our expectations
Because it's the rivers nature to twist and turn
The shit can burn
And I know it
I have the same conflict
But I try to sit and flow with this rivers natural process
And sometimes when I watch myself float downstream
I see the beauty of it all, and it feels like a dream
And at that time I appreciate the rivers course
Some part of God, reality, momentum, force
I stare up at the naked moon, and she stares down at me
Outside false boundaries and (I'll look outward to see)?
The universe is not something separate from yourself
I know you feel alone, but that's why I'm here to help
I know you feel alone, but just look up at the stars
And everything that is out there is what you really are

We gotta learn to see the beauty in each moment of life
Everyone has different pasts and we're seeking the light
The world is divided between peasants and kings
But the truth is everyone is looking for the same thing
Now I want you to know
The role you play is part of the whole
Without you it couldn't be, and I mean that with compassion
So if you need anything, I mean anything at all
I'm here for you; all you gotta do is ask man
I'm here for you, in the same way that you're here for me
Each person in an intricate piece of infinite
I feel that if you could see what I see
Then we as humanity could be free
I'm here for you, not for any self centered reasons
Because existence is interdependent and all related,
Connected in it's different manifestations of one single mind
You ain't isolated from the world even though it feels like that sometimes

I see the hurt when I look into your eyes
How you struggle to hold it and keep in bundled inside
It drives a dull blade deep in my heart; it makes me want to cry
So I offer you a hand to help wash away the rainy skies
I'm running out of words, but I haven't yet made my message clear
So if none of this makes sense, I just want you to know I'm here
As a musician, as a friend, as a teacher, as a student
To grow and realize everything is in constant movement
Each problem that we face is just a part of this movement
It seems helpless, but if we stick together we'll get through it
And return to the essence from which we've been uprooted
And wake humanity from these illusions

The second you can look into the sky and see your own reflection
You know your head is in the right direction
The river riding always moves, but with it I live
And everything is perfect, just the way it is

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