You know, you know you are Be still and know you are Your life is meant for joy It's all so deep within, oh

Your life is beautiful A seed becomes a tree A mountain into a sky This life is meant to be, oh

Now is the time life begins
Take that simple path
And love will set you free
Live in harmony
And love will set you free, oh

You know, you know you are Be still and know you are You know, you know you are Be still and know you are