running round the sacred mountain the rushing stream feel the power in everything by the water. where the air is clear surrender everything

old hearts grow younger again they promise bring the greenest. plants are tender they're full of sap in spring empty the places of the mind running to the light running to the light

those who stride too far too soon
will not hold pace
only the calm
will win the race
through the forest, the sea of mountain pine
surrender everything

only those who greatness see in little things worthy are the simple they're happy in their ways self will wither out of sight running to the light running to the light

arise soul
soar above the singing river
go lying down
into the ground
quickened by the stream
when all is said and done
the race moves on

running, running