

Mother River

It isn't easy being mother river.

There is no separation of who we are and it's in my nature to be a giver.

My presence is always one with your very essence.

Find shelter in me like a tree on a hot day or warmth on my shores as you light a fire on a cold night.

Drink from me and taste the sweet salt of the earth much like the salt on your skin.

Quench your thirst and wash away your troubled thoughts.

This celestial body, this Mother River leading to the ocean, an ever flowing path and a bridge to home.

Care for me and I will always flow into you, thriving together.

Oh Yes Flow

All I know,

is that it

seems so different today

Feels like

the way to go

is to find a flow

All...

All I ask for you is flow

flow

So I'm

jumping in jumping out

making the waves go around

jumping in jumping out

It's time to find a flow babe

oh yes oh yes oh yes

I know this moment is so

so beautiful it's critical

I know this moment is so

so beautiful it's critical

ooo ooo ooo

All I see

is things can be

so small next to the world

Finding

the calm within

the chaos is gold

So I'm

jumping in jumping out

making the waves go around
jumping in jumping out
It's time to find a flow babe

oh yes oh yes oh yes

I know this moment is so
so beautiful it's critical
I know this moment is so
so beautiful it's critical