

# Yes, The Ancient

Take the water to the mountain;  
Take the river to the sea.  
Let the forest be salvation  
Long before it needs to be.  
Take the water to the mountain;  
Let your body flow upstream.  
Let it cascade off your shoulders;  
Be the body of your dreams.  
Take the water to the mountain;  
Let the sun shine on your ground.  
You decide your every movement;  
Let the water to the land.  
Take the water to the mountain;  
Cross the Great Divide of Love.  
Give to Nature all you can give;  
Let the Mother know your heart.  
Take the water to the mountain;  
Let's become alive again.  
Holy water, holy mountain,  
Holy river, holy tree.  
(sounds like "look out!")