

## **Mighty Mighty Bosstones**

### **"Rise Up"**

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If mindfulness can move mountains  
Then we can find a way  
To take the time to  
Seek out joy  
Each and every day  
Stop waiting for the moment  
Til everything is just right  
Cause tomorrow is a notion of our imagination  
All you need is the will and the might to

Rise up on the double  
Be free from the troubles  
Sometimes  
That life will bring  
Hold on to your lover  
Be kind to each other  
Some days that?s all you need  
To rise up

It takes some strength to focus  
When it's dark to find your way  
To ask for help of a guiding hand  
To make it through some days

Just take the time to notice  
The goodness in your life  
Cause tomorrow is a notion  
Of our imagination  
The path is clear  
If you look to the light

Rise up on the double  
Be free from the troubles  
Sometimes  
That life will bring  
Hold on to your lover  
Be kind to each other  
Some days that?s all you need  
To rise up

Sorrow will only

Follow you  
If you don't know  
How to make a choice  
If you need some love  
Reach out and be well  
In life you'll find  
It has its own rewards

RISE UP  
RISE UP

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