

Joi Cardwell

"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 its 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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