## **Budding Trees**

## Nahko and Medicine for the People

Advisory - the following lyrics contain explicit language:

In the moon of the budding trees
I was gifted new eyes to see
All of the shifting shape and ways you can be
Wake the dreams into realities

Wake the dreams into realitiesSunset diamonds trickle down our cheeks

The language of no words is how we speak

Pacha Mama spinning firelight

and a Little Bear singing by the fireside

Out of this city with the wind on our neck

That's us whistling upon your neck

Moonlit diamonds sparkle into my mouth

Feels like hunger and it tastes like salt

Feels like hunger and it tastes like saltSo, tap me out and tap me into you

Heal my brain and my body too

Balance my chemistry hydrate these cells

Cuz the body talks and the meditation helps

The body talks and meditation helps

The body talks and meditation helps A little bit of cinnamon pours as we snoot

All up on my shit in the morning commute.

Coastal quiver on a quest through the dunes

Sandy toes and bottomless curves of the moon

Heavy lifting for Pele's children

Hand of the goddess soaking cliffs keep building

Plate is full but appetite has dwindled

I feel a little sick so I keep the fire kindledYou the pillar steadfast light of bravery

And I the dimly burning candle still shaking

Riddled fear quiver my bones so easy!

Well, you're the guru now so visualize healing

Yeah, you're the guru now so visualize leaving. Let her go for she can no longer feed you

And many children need that mana creature

Just barely missed you I was finally ready!

But you are a long gone too much heavy history

Yeah you are a long gone too much heavy history Let go of blame that shit will never serve me! Bless other men investigate your mysterySo, tap me out and tap me into you Heal my brain and my body too Balance my chemistry hydrate these cells Cuz the body talks and the meditation helps The body talks and meditation helps The body talks and meditation helpsLittle spider weaves a wispy web And stumbling through the woods it catches to my head She crawls behind my ear and whispers secrets Dragonfly wiz by and sings now teach it Yeah, dragonfly wiz by and sings now teach it Form on the trail I watch you head up mauka I turn makai and whisper, ?thank you sister? Edge of the west where water touches land You are the east with folded maps in hand Time to increase my frequency! Hands of light and bodies talking Gimme some of that wild fox medicine! But, keep me here in this wild present tense Fully supported on new lovers chest Dawning adventures sparkle get some rest! Dawning adventures sparkle get some rest!So, tap me out and tap me into you Heal my brain and my body too Balance my chemistry hydrate these cells Cuz the body talks and the meditation helps The body talks and meditation helps

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The body talks and meditation helps