Step out into the sun Step out into the world and love someone Save yourself from hate Save yourself from hate and all the hassle

And you people all know know what I'm talkin' about (Yeah you people all know what he's talkin' about) Yeah you people all know what I'm talkin' about (Yeah you people all know what he's talkin' about)

Spread the love vibration Uh-huh
Spread the love vibration Uh-huh

Now everybody's scared Scared of being lonely and abandoned

If you find someone who cares
If you find someone to love and understand you

Then you people all know know what I'm talkin' about (Yeah you people all know what he's talkin' about) Yeah you people all know what I'm talkin' about (Yeah you people all know what he's talkin' about)

Spread the love vibration Uh-huh
Spread the love vibration Uh-huh

Yeah you people all know what I'm talkin' about (Yeah you people all know what he's talkin' about) Yeah you people all know what I'm talkin' about (Yeah you people all know what he's talkin' about)

If you people all know what I'm talkin' about Spread the love vibration Uh-huh Spread the love vibration Spread the love vibration Spread the love vibration