It was a long hot day
At the end of the summer
I had a chill in my heart
Like the start of the winter

And I didn't know what to wear I wasn't sure what to say I was standing alone
At the tail of the river

Dive into me, into the raging sea
Follow your heart, down where it's deep and it's dark
Dive into me, into the healing sea
Put your life into my hands and take the chance
Dive into me

So we loaded up the car Drove deep into the mountain Where the river was born In time's holy fountain

And we spoke about how it ran All the way to the ocean Trusting its path To a natural motion

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Follow your heart, down where it's deep and it's dark
Dive into me, into the healing sea
Put your life into my hands and take the chance
Dive into me

Sometimes swirling waters drag you down
Knowing how to swim doesn't mean you'll never drown
Come the storm you hold in fear
Whoever's by your side
Sometimes you're just drifting on the tide

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Follow your heart, down where it's deep and it's dark
Dive into me, into the healing sea
Put your life into my hands and take the chance
Dive into me