

In The Flow

Ziggy Marley

No need to get down no need to get low
In the flow
Rastaman that speaketh love is what he preacheth
In the flow
Politicians fighting to stop I from lighting
But in harmony we'll smoke the tree
In the flow, in the flow
What they really fighting is inity
Love for one another equality
In the flow, in the flow
Ain't no need to worry
Ain't no need to hurry
In the flow

Light up my fire
What is your desire
In the flow
High science that teacheth
Full moon that preacheth
Still
In reality
Getting high naturally
In the flow, in the flow

What they really fighting is inity
Love for one another equality

Vibe

I'm in the flow, yeah

Vibe

No need to get down no need to get low

In the flow

Rastaman that speaking and it's love

That I'm preachin'

In the flow

Yow

Wah agwaan you nuh have nuttn' good deh

Love my sister respect so what we get together nuh

Get some good vibes going in unity you know

No war no drugs in love and in harmony let us smoke this tree

In the flow

Yeah

Sister go

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Ain't no need o worry

Ain't no need to hurry

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