Everything you need is right in front of you, front of you
When you learn to see good things come to you

All you have to do is stop and take a look around

Before you intervene don’t do anything
Come to all your senses They’ll tell you everything

First you have to learn to stop and take a look around.

Take a look around
Listen to the sound Why not take a whiff
You’ll see much better if you use more than just your eyes

Take a step outside
if you want to know, want to know what your soil is like
and what is gonna grow

All you have to do is stop and take a look around

Take a look around
Get your hands into the ground
Don’t be scared of the dirt It isn’t gonna hurt
and if you’re braver, try the flavour!

Take a handful of land and squeeze it in your hand
Check out the display If it stays together, it’s clay
If it falls apart, it’s sand.

Take a look, take a look, take a look Read the landscape like a book
Interact, low impact, get your feedback when you

take a look around abundance will abound
The problem is the solution Just depends on your perception
try to change yourself before the world

Take a look around on the inside and the out ‘cause when you observe yourself
you see everything else make good use of it now.