

LYRICS for “The Vegan Album” by Charity and the JAMband

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Contact Charity Kahn at charity@jamjamjam.com or 415-425-0372

WE LOVE ANIMALS

VERSE 1

Oh if you care about animals
And you love ‘em and adore ‘em
And you wanna be kind
Don’t eat ‘em anymore
You can get all your protein
And nutrients from plants
And you’ll feel so good
You’ll wanna sing and shout and dance

CHORUS

We love animals
So we eat plants instead
We love animals
It’s kind, and we wanna spread it

VERSE 2

You can make plants into
Any kind of food
Even milk, cheese, butter, eggs
And meat substitutes
So you favorite meals
Don’t have to disappear
You just learn how to make ‘em
From a recipe, my dear

CHORUS

We love animals
So we eat plants instead
We love animals
It’s kind, and we wanna spread it

BRIDGE

We eat grains, beans and legumes

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We eat tempeh, seitan and tofu
We eat so many vegetables, so many fruits
We eat nuts, seeds, herbs and spices, too
And may we all remember to say, "Thank You!"
For this incredible abundance of plant food
Oh it puts me in a really super awesome good mood
Let's do the plant dance to the ... plant groove!

INSTRUMENTAL

VERSE 3

Oh you're helping out the planet
With a plant-based diet
Oh it's better for the land, sea, air
And climate
So next time you're wonderin'
What to put on your plate
Choose peace, not harm
Choose love, don't wait
Does this resonate?
Hey, let's celebrate!

CHORUS

We love animals
So we eat plants instead
We love animals
From our toes up to our heads
We love animals
It's kind, and we're gonna spread it
We love animals
So we eat plants instead!

ARE YOU KIND

VERSE 1

Are you kind
Are you kind
In your mind
In your mind
And in your heart
Where the lovin' starts
Are you kind

VERSE 2

Are you kind
To your world
With your actions
And with your words
There are so many
Ways to show up
And be kind
Whoa ho what I want to know is

CHORUS

Are you kind
Are you mindful
Are you generous
Are you helpful

VERSE 3

Are you kind to people
Yeah yeah
And are you kind to animals
Oh yeah
Are you kind to plants
And are you kind to
Our mother earth

VERSE 5

And do you include
Everyone
Leaving no one out
Not a single one
You know nobody's free
'Til everybody has freedom
'Til every single being has freedom
Whoa ho what I want to know is

CHORUS

Are you kind
Are you caring
Are you loving
Are you welcoming

BRIDGE

And sometimes

It's hard to be kind
Like when you're feeling angry, sad
Or scared, overwhelmed
Or confused
But it's ok
'Cause everybody has hard days
Maybe for today
You can just be kind to yourself
'Cause that's important too

VERSE 5

So send some love
To yourself
And send some more love
To everyone else
We can fill up the world
With lovin' and carin' and kindness
Whoa ho what I certainly know is

CHORUS

You are kind
And you hold yourself responsible
For your choices
Around how to act in this 'ol world
And you listen
And keep checkin' in
And you show up
And you're a true, true friend
You're considerate
And your heart is big and free
Oh you're kind
Cause that's who you wanna be
That's who you wanna be
That's who you wanna be
Well that's who you wanna be
That's who you wanna be
...

COWS ARE AMAZING

CHORUS

Cows are amazing

And they're part of our community
Cows are amazing
Gotta treat 'em like family
They're as special as you or me

VERSE 1

What can we learn about cows?
They're gentle and giant
They're curious and interactive
They come running when something interesting's afoot
And prefer to hang out in herds
They build such deep friendships
And complex relationships
They love to groom each other
And they love a good ear massage
Their babies are called calves
And they love their those babies so much
Oh a mama will walk for miles
To find her baby if they ever get lost
I hope they never get lost
Each one an individual
Unique in their own way

CHORUS

Pigs are amazing
And they're part of our community
Pigs are amazing
We gotta treat 'em like family
They're as worthy as you or me

VERSE 2

What can we learn about pigs?
They're incredibly intelligent
And extremely friendly and clean
They they've got their own language for communicating
And they hang out together in drifts
They have complex social structures
Create long-lasting bonds and friendships
They cover themselves in mud to stay cool
And they really love a good belly rub
Their babies are called piglets
And they love those babies so much
Oh they love to take lots of cuddly naps
With each other in a big old pile

Big ol' piggy pile
Each one an individual
Unique in their own way

CHORUS

Chickens are amazing
And they're part of our community
Chickens are amazing
We gotta treat 'em like family
They're as important as you or me

VERSE 3

What can we learn about chickens?
Chickens evolved from dinosaurs
And they can sleep with one eye open
They remember and recognize faces
And have 30 unique vocalizations
They can even see
In ultraviolet and infrared light
They have feelings and show empathy
And they love to be held and petted
Their babies are called chicks
And they love those babies so much
They can even talk back and forth with their babies
While they're still inside their egg shells
Still inside their little egg shells
Each one an individual
Unique in their own way

BRIDGE

How do we treat
The beings in our community
The members of our family
We treat them with respect
And generosity
And care and kindness
And compassion and understanding
With joy and celebration
With connection and protection
With welcoming and love
Always love

CHORUS

Horses are amazing and they're part of our community

Turkeys are amazing and they're part of our family
Goats are amazing and they're part of our community
Fishes are amazing and they're part of our family
Ducks are amazing and they're part of our community
Rabbits are amazing and they're part of our family
Sheep are amazing and they're part of our community
Cows are amazing gotta treat 'em like family
Animals are amazing
They're as precious as you and me

SCIENCE

VERSE 1

Science tells us
Some real true facts
You can get all your protein
And nutrients from plants
Oh It's better for your body
And I know you will find
If you eat more plants
You'll be feeling so fine
Better for your body
Better for your body

VERSE 2

Oh science tells us
That animals can feel
They have emotions and inner lives
That are true and real
If you love those animals
It's better for your heart
To eat more plants
Now that's a great start
Better for your heart
Better for your heart

VERSE 3

Oh science tells us
That to solve climate change
We need to reduce our footprint
Of carbon and methane
So do the math

And it'll be good for your mind
To eat more food
Of the plant kind
Better for your mind
Better for your mind
Oh science

MAKING COOKIES FROM PLANTS

VERSE 1

You get the sugar from the cane or the coconut
You get the chocolate chips from the cacao bean
You get the walnuts and the cashews from the little nut tree
You get the flour from the wheat or something gluten-free
You get the oil from the fat of those chubby veggies
Coconut, avocado, sunflower pretty please

CHORUS

We're makin' cookies from plants
Oh do a little dance
We're makin' cookies from plants
Do a little cookie dance
We're makin' cookies from plants
Come on take a little chance
We're makin' harmless, humane
Compassionate, deliciously insane cookies

VERSE 2

We'll make a homemade egg from a little ground flax
And then the mama hen doesn't even have to feel sad
We'll make our own yummy milk from seeds, legumes, nuts or grains
And then the mama cow can keep her milk for her baby
And then the cows and the chickens can get back to their lives
While we make cookies that will blow our minds

CHORUS

Makin' cookies from plants
Oh do a little dance
We're makin' cookies from plants
Do a little cookie dance
We're makin' cookies from plants
Come on take a little chance

We're makin' harmless, humane
Compassionate, deliciously insane cookies
Do the cookie dance!

INSTRUMENTAL

BRIDGE

So yummy
In my tummy
Harm-free
Gimme a C-O-O-K-I-E
Cookie cookie cookie cookie cookie cookie cookie cookie cookie cookie!

Oatmeal raisin
Chocolate chip
Fortune, sugar
Peanut butter chocolate dipped
Gingerbread, sandwich
Shortbread, too
Molasses, whoopie pie
Snickerdoodle-doo
Gingersnap, wafer
Cookie like a kiss (mwah!)
Macaron, macaroon
Crinkle and spritz
So many cookies
So little time
When we make 'em from plants
We'll be feelin' fine
How's that for a cookie rhyme?

VERSE 3

So here's how I feel now I'm tellin' you straight
I don't wanna eat animals or anything they make
So from the bounty of the gardens and the bushes and the trees
And the sun and the rain, soil, air and seeds
Oh we'll grow enough food for all the people to eat
Yeah we'll grow enough fruits and veggies you'll see
We'll grow enough food for everybody
We can grow enough plants for every cookie

CHORUS

Makin' cookies from plants
Oh do a little dance

We're makin' cookies from plants
Do a little cookie dance
We're makin' cookies from plants
Come on take a little chance
We're makin' harmless, humane
Compassionate, deliciously insane cookies

THAT'S WHAT KINDNESS LOOKS LIKE TODAY

VERSE 1

If you ever see a spider creepin' round your room
There's no need to be afraid, it's just doin' what spiders do
So carefully put it in a cup and carry it outside
Set it free
Let the spider live it's spider life

CHORUS

Oh, that's what kindness looks like today
(La la la-la-la, la la la-la-la)

VERSE 2

Well if you see a tiny ant crawling cross the path
Why not pause for a moment and let the ant pass
Oh it's probably got important business to attend to
And would prefer
Not to be stepped on, just like you

CHORUS

Oh, that's what kindness looks like today
(La la la-la-la, la la la-la-la)

VERSE 3

If you see a flower blooming wild upon the land
And you really want to pick it and hold it in your hand
Can you sometimes just appreciate it with your eyes and nose
Let it stay in the ground
Let it blossom
Let it grow

BRIDGE

So let's be kind to the spiders
And kind to the ants

(La la la la la-la la-la-la)
Kind to the flowers
And every single chance we get
(La la la la la-la la-la-la)
Be kind to each other
With every breath we take
(La la la la la-la la-la-la)
What a beautiful world
We can make

CHORUS

Oh, that's what kindness looks like today
Oh, that's what kindness looks like today
Oh, that's what kindness looks like today

GENERATE LOVE

CHORUS

Our job
Is to generate love
And put it out
Into the world
Our job
Is to generate love
And put it out
Into the world

VERSE 1

Do you wish that
Everyone, everywhere could be
Happy, safe, healthy and free
That's called lovingkindness
When you wish these good
Things from your heart
For yourself
And for everybody

CHORUS

Our job
Is to generate love
And put it out
Into the world

Our job
Is to generate love
And put it out
Into the world

VERSE 2

Do you feel sad
When you see someone who's
Suffering and havin' a hard day
That's called compassion
When you know how they feel
And you care
And you wanna ease their way

CHORUS

Our job
Is to generate love
And put it out
Into the world
Our job
Is to generate love
And put it out
Into the world

VERSE 3

Do you believe there is
Enough to go around
That we can share with each other
And still be fine
That's called generosity
When you offer up your love
Or your things
Or your time

BRIDGE

We gotta generate love
Cultivate love
Celebrate love
Don't hesitate, just love
Gotta contemplate love
(I can't stop talkin' about love)
Gotta demonstrate love
Elevate love
(I can't stop talkin' about love)

Emanate love
Gotta gravitate toward love
(I can't stop talkin' about love)
Gotta navigate by love
Gotta meditate on love
(I can't stop talkin' about love)
Gotta agitate for love
Articulate our love
(I can't stop talkin' about love)
Gotta orchestrate our love
Never underestimate love
(I can't stop talkin' about love)
Gotta integrate
Accelerate (love)
Elucidate (love)
Liberate (love)

CHORUS

'Cause our job
Is to generate love
And put it out
Into the world
Our job
Is to generate love
And put it out
Into the world
Our job
Is to generate love
And put it out
Into the world
Our job
Is to generate love
And put it out
Into the world

FRIENDS NOT FOOD

VERSE 1

Do we really need to eat animals
To live long and prosper
Do we need their milk, do we need their eggs
To stay healthy, alive and awesome

Do we need their fur, do we need their skin
Especially without permission
Could we live on plants, 100%
And be kinder and happier
And healthier earthlings

CHORUS

Can we examine
Our deepest conditioning
And can we look honestly
At our own participation

VERSE 2

Well, you wouldn't drink milk from an aardvark
Or a jaguar or a zebra
Oh it would be really weird if you saw it in the store
And you wouldn't drink it in the wild either
And who decided which creatures
Are ok to eat and which aren't
Oh doesn't it just make a ton more sense
To eat none of 'em

CHORUS

Oh can we question
Our assumptions and definitions
Around justice and equality
Respect and inclusion

INSTRUMENTAL

VERSE 3

What if we freed the cows
And the chickens and the pigs
And the horses and the rabbits
And the little lambs too
And let 'em live with their families
Without the threat of being used
For they do experience pleasure and pain
And fear and love and loss and joy
Oh they wanna be happy and safe and free
They want to live, just like you and me

VERSE 4

Oh can we extract ourselves

From systems of oppression
And can we move closer
To true and lasting liberation
And can we surrender
Our rationalizations
And can we awaken to
Our internalized speciesism

CHORUS

Oh can we widen
Our circle of compassion
To encompass all our animal
Friends and relations

CODA

And let the animals sing
Let the animals sing

We're your friends
We're not your food
We have families and feelings
Just like you
We were meant to be
Livin' wild and free
In this world
We're not your food
We are your friends
And we don't wanna be
Your ingredients
And you can help
To bring this harming to an end

We are your friends
We're not your food
And we're part
Of your earthen neighborhood
You know you're not free
'Til we are free
It's true, it's true, it's true
We're not your food
We are your friends
And we don't wanna be
Your ingredients
We're your relatives

Your community
Be kind, be peace, be love
You'll see that
You can bring this harming
To an end

PLANT MILK

VERSE 1

Pour it in a cup
And drink it all up
Bake it into your birthday cake
Or fry it up in a flap jack, griddle cake
Hot cake, pancake
Put it in your cookie dough
Or in your tea or your turmeric latte, oh

PRE-CHORUS

Which milk?
Nut milk
What kind of milk?
Seed milk
Whose milk?
Plant milk
What kind of milk?
Dairy-free milk
Rice milk
Nice milk
Soy milk
Joy milk

CHORUS

Plant milk
It makes you dance milk
Give it a chance milk
Start a new romance milk

VERSE 2

Mix it in your hot chocolate
I know you like a lot of it
Derive your ice cream from it
You know it's super creamy, super yummy

Put it in your plant-based mac and cheese
Use it in your cereal or oatmeal, please

PRE-CHORUS

Which milk?
Flax milk
What kind of milk?
Pea milk
Whose milk?
Banana milk
What kind of milk?
Could you please pass the
Rice milk
Nice milk
Soy milk
Joy milk

CHORUS

Plant milk
It makes you dance milk
Give it a chance milk
Start a new romance milk

BRIDGE

You know none of this milk comes from a mama cow
She makes hers for her babies, and only for her babies
So what are we doing? We're not baby cows!
Those mother cow udders aren't our property

And we wouldn't drink milk from our dog, now would we?
Or a cat or a hamster or a coyote
So let's leave that milk where it was meant to be
And get our milk instead from the plants we see

And I know you might wonder, do plants have udders? No!
Then how do you get milk from oats soy and all the others
There's lots of different methods, depending on the plant
Soak 'em, grind 'em, blend 'em, strain 'em, something like that
You can learn all about it on the Internet

VERSE 3

Oh the milk of human kindness
Is the milk that doesn't blind us
To the suffering in which we participate

When we don't make choices that liberate
What kind of world do you wanna live in?
One where we care for our animal friends?
We'll choose plant milk, cheese, sour cream, yogurt, butter
And nobody has to share their udders! oh

PRE-CHORUS

Which milk?
Oat milk
What kind of milk?
Hazelnut milk
Whose milk?
Pistachio milk
What kind of milk?
Coconut milk
Rice milk
Nice milk
Soy milk
Joy milk

CHORUS

Plant milk
It makes you dance milk
Give it a chance milk
Start a new romance milk
I'm loving me some plant milk
Take a second glance milk
Snap out of your trance milk
Clarify your stance milk
You'll be so advanced milk
Wear your plant pants milk
Lovin' on the plant milk
Start a new romance milk
Plant milk!

LOVE REVOLUTION

VERSE 1

No person is more worthy than any other person
No child is more worthy than any other child
No being is more worthy than any other being
No life is more worthy than any other life

What if our society left no one out (no one out)
What if our society included everyone
What if our society took care of all of us (all of us)

PRE-CHORUS

Everyone
The evolution of love
Everyone
Revolutionary love

CHORUS

We need a love revolution
We need a love revolution
We need a love revolution

VERSE 2

How have we forgotten
The one true thing
Everything is sacred, spirit, soul
Everything is yearning, singing, dancing
To remember we're all part of one cosmic whole
What if in our future we left no one out (no one out)
What if in our future we included everyone
What if in our future we took care of all of us (all of us)

PRE-CHORUS

Everyone
The evolution of love
Everyone
Revolutionary love

CHORUS

We need a love revolution
We need a love revolution
We need a love revolution
We need a love revolution

VERSE 3

The plants, flowers, bushes, grasses and trees
The soil, the water, the air, the sun
People of all colors, callings and creeds
Animals, relations, the sentient ones
What if in our gratitude we left no one out (no one out)
What if in our gratitude we included everyone

What if in our gratitude we took care of all of us

PRE-CHORUS

Everyone
The evolution of love
Everyone
Revolutionary love

CHORUS

You are the love revolution
I am the love revolution
We are the love revolution
We are the love revolution

HOT CHOCOLATE

VERSE 1

You got the little seeds
Growin' on the trees
Smilin' in the breeze
Sayin', sayin'
Pick me, pick me please

VERSE 2

(So sweet)
You got the sugar cane
(So neat)
Growing in the lane
In the sun and in the rain
Sayin', sayin'
We can help you attain your dream of

CHORUS

Hot choco-loco-loco-loco-loco-late
We like a-lot-a-lot-a-lot-a-lot of it
Blow a little
Sip a little
Drink a little down down down down
Down down down
Drink it down

VERSE 3

You got milk so delicious
Made from plants it's auspicious
And extra nutritious
Sayin', sayin'
Drink me, I'm propitious

VERSE 4

(Fire fire)
And now you got the fire
(Fire)
Startin' low and burnin higher
No, the fire's not a liar
Sayin', sayin'
We're never gonna tire
Of makin' some more

CHORUS

Hot choco-loco-loco-loco-loco-late
We like a-lot-a-lot-a-lot-a-lot of it
Blow a little
Sip a little
Drink a little down down down down
Down down down
Drink it down

VERSE 5

Oh the chocolate comes from the cacao tree (cacao)
Which grows in the shade of the jungle you see (jungle)
The tree makes pods, Inside of which are seeds (seeds)
And the seeds are what we call cocoa beans
You ferment 'em and they turn into our favorite treat (yum)
Which is hot (hot) and steamy and oh so sweet
But do you know who pollinates (who?)
The the flowers of these trees for whom we're so super grateful
You'll never guess even if you try (who?)
It's not a bee or a bird
It's a teeny tiny fly
Called the chocolate midge
And it's not at all scary
Super awesome super cute
And super necessary

BRIDGE

Chocolate midge

That's what I said
Chocolate midge
No bigger than a pinhead
Chocolate midge
Making it possible
Chocolate midge
Even tho it's improbable
Chocolate midge
Flying in the flowers
Chocolate midge
Usin' all your powers
Chocolate midge
Thank you, thank you
Chocolate midge
For helpin' us make

CHORUS

Hot choco-loco-loco-loco-loco-late
We like a-lot-a-lot-a-lot-a-lot of it
Blow a little
Sip a little
Drink a little down down down down
Down down down
Drink it down

POWERED BY PLANTS

VERSE 1

Eat 'em raw like others animals do
(Chompity-chomp, chompity-chomp)
Chop 'em up on your chopping block
(Choppity-chop, choppity-chop)
Toss 'em into your salad
(Tossity-toss, tossity-toss)
Make a dressing and pour it on top
(Vinegar oil and secret sauce)

VERSE 2

Cook 'em up with some fire
(Higher and higher, higher and higher)
Stir 'em up in a stir fry
(Sizzle and sigh, sizzle and sigh)

Bake 'em deep in the oven
(45 minutes at 425)
Cook 'em down in your soup
(Yummy in my tummy, oh my)

CHORUS

Eat more veggies
(Can't get enough of 'em)
Eat more fruits
(Oh how we love 'em)
Eat more grains
(If you can, get organic)
Eat more legumes
(You know it's better for the planet)
Eat more beans
(The magical fruit)
More nuts and seeds
(They're so cute)
Oh when you're powered by plants
You got everything you need
You got strength, you got speed
You got the courage to do good deeds
You got the energy to change the world
(Change the world!)

VERSE 3

Wrap 'em in a burrito
(Roll it up, roll it up)
Bake 'em into a bread loaf
(Knead it down, knead it down)
Place 'em right on your pizza
(With plant-based cheese and veggies)
Cook 'em into your cookies
(Cookies cookies yes please)

VERSE 4

Where you gonna get your protein
(From the plants, from the plants)
Where you gonna get your vitamins
(From those delicious, generous plants)
Where you gonna get your nutrients
(From those magical versatile plants)
Where you gonna get your power
(From the plants, from the plants)

CHORUS

Eat more veggies
(Can't get enough of 'em)
Eat more fruits
(Oh how we love 'em)
Eat more grains
(If you can, get organic)
Eat more legumes
(You know it's better for the planet)
Eat more beans
(The magical fruit)
More nuts and seeds
(They're so cute)
'Cause when you're powered by plants
You got everything you need
You got strength, you got speed
You got the courage to do good deeds
You got the energy to change the world
(Change the world!)

BRIDGE

You're plant-powered
You're powered by plants
You got plant power
You're powered by plants
Oh did you know that eating more plants
Is a radical action?
That can help to make our food systems
More equitable for everyone
So come on and use that super power
To save the day in this precious hour
Say pass the plants, pass the plants
Pass the plants, pass the plants
'Cmon pass the plants, pass the plants
Pass the plants, pass the plants

CHORUS

Eat more veggies
(Veggies and fruits)
Eat more beans
(And roots and shoots)
Eat more nuts
(And seeds and grains)

Eat more plants
When you eat this way
You're a star, you're a dynamo
You're a plant-powered hero
And you're challenging the status quo
'Cause when you're powered by plants
You got everything you need
You got strength, you got speed
You got the courage to do good deeds
And follow your wildest dreams
You got the energy to change the world
(Change the world!)
Change the world
(Change the world!)
Change the world
(Change the world!)

KINDNESS MATTERS

VERSE 1

Kindness is an intention
It's not about perfection
It's the beauty in your heart
Showing you the way to start
Movin' in a kind direction

VERSE 2

It doesn't have to be about wrong and right
Or good and bad, don't need to make it a fight
We're doing our best
Learning as we go
To move the world in a kind direction

BRIDGE

'Cause just a little drop of kindness
Can make an ocean of difference
And a little bit of friendliness
Can change everything for a person
Or a chicken or a spider
Or a forest or a bee
'Cause every tiny act of kindness really matters
And every molecule of peace really matters

It matters

VERSE 3

So imagine a world where the kindness flows
Into every heart, and the loving grows
A little stronger and brighter
And longer and wider
We can do it if we do it together
We can change the world forever
We can do it if we do it together
We can change the world forever
We can do it if we do it together
Kindness is the truest treasure

PEACE IS THE WAY

VERSE 1

Peace is a choice we make
With every step we take
With every thought we think
Every word we say
And we can make the choice
To use our beautiful voices
And hearts and bodies and minds
Peace is the way

VERSE 2

All you people far and near
It's time to hold each other dear
For we all have a heart inside
That's basically good
And when we remember to care
And love and listen and share
You know we change the world
Peace is the way

CHORUS

Sometimes peace comes when you're quiet
Or being still, or feeling calm
Sometimes peace means no more fighting
Or when the anger's done and gone
Sometimes it's speaking truth with kindness

Or dancing wild your heart's own song
All the time it's strong and loving
And it's been right here inside us all along

VERSE 3

For we are all the same
Made of sun and dirt and rain
Made of wind and breath and sky
We are the earth
And if we want to thrive
We gotta touch it all with our mindfulness
With every step we take
Peace is the way

CHORUS

Sometimes peace means making new friends
Welcoming hearts and holding hands
Peace means we include everyone
In our circle, in our land
And all around the world we're singing
Peace means we're all family
Peace is strong and peace is loving
And it's showing us the way
To be free

BRIDGE

Peace is
Friendship
Caring
Harmony
Reconciliation
Truth
Listening
Peace is
Justice
Compassion
Non-harming
Peace is
Patience
Understanding
Community

CODA

Let's walk in peace (let's walk)

Talk in peace (let's talk in peace)
Act in peace (let's act)
Breathe in peace (let's breathe in peace)
Let's work in peace (let's work)
Play in peace (let's play in peace)
Relate in peace (let's relate)
Let's be in peace (let's be in peace)
Commit to peace (let's commit)
Speak out in peace (speak out in peace)
Stand up in peace (let's stand up)
Resist in peace (let's resist in peace)
Rise up in peace (let's rise up)
Protect in peace (protect in peace)
Reach out in peace (let's believe)
Believe in peace
Peace is the way