And you tread on the water When you know you can touch the bottom now It's the southern way, said your mother, " Stay in shallow, shallow water Don't touch the ground. " But then a slithering, sliding form catches you before you reach the shore. And as he strikes, full of venom, you reach out towards the trouble. You've got him now, but how? And you thrust him to the sky. Arms raised high, you make a Y. There is no fear, there is no pain inside. As you twist and writhe... This is how you remember yourself. This is how you remember yourself. Arms raised high, needing no help. This is how you remember yourself.

And you know you can't keep this steady pose, you must release him somehow.

But as you loosen your hold.

The fight you felt, it is old.

It's over now.

His body, lifeless and cold, you throw him down.

And you raise your arms up to the sky.

Raised high, you make a Y.

There is no fear, there is no pain inside.

As the sun still shines on these drying lines...

This is how you remember yourself.

This is how you remember yourself.

Arms raised to heaven, needing no help.

This is how you remember yourself.