

Throwback: Bob Marley and the Wailers-Lively Up Yourself



Bob Marley and the Wailer's "Lively Up Yourself" first appeared on their 1974 album, *Natty Dread*. The song was first recorded in 1973 and reflected the band's political and spiritual growth as they got deeper into Rastafarianism. The religion refers to God as Jah and the followers call the customs livity hence the title "Lively Up Yourself." The reggae ska beat and Al Anderson's bluesy guitar lick kicked off the celebratory feeling of community, cannabis, and resisting colonial rule. *Natty Dread* did well in the UK before reaching other parts of the world and it was the first album Marley recorded without Peter Tosh and Bunny Wailer. "Lively Up Yourself" also appeared on their 1975 *Live!* album and many fans have argued that it is the best version. *Natty Dread* was

remastered and re-released with a bonus track in 2001. The Reinaldo Marcus Green-directed biopic *Bob Marley: One Love* will be released in theaters on February 14, 2024.