First in flight (Cause all we got is rhythm and timin' We go beyond the edge of the sky)

FREE! Like a bird out in the wind in the night
Like a 747 to LA that's in flight
FREE! Like a garden flourishing in the wind
Like a student bout to do it when he's graduating
FREE! From any of the energy perception
Can never be defined create the definition within
FREE! Just loving life itself and never pretend to be
Anything other than the man I was meant to be
Travel through time and get a glimpse of the centuries
To come a better day is promised remember
FREE! Like my nephew in a few months about to be out the penitentiary
Meditation

UH! I never hesitate about a reluctant mind Just put the peddle to the metal see what ya find You back there slouching over won't you pick up your spine? Let's make it really really happen live up this time Cause you can choose to say "Good morning God" or "Good God, morning" With black clouds storming I walk without umbrellas into these woods Don't need em cause the might trees above will shelter me good I'm eating berries from the bushes of the heavenly good From the ?stakes/steaks? the power came to us whenever we stood Reverberating out we're reaching each and every hood Whenever we could the spiritual anatomy fool But never take the credit for it B cause that'd be rude It's just the way in life we searchin for that had to be new You gotta work it though cause everyday ain't Saturday fool Evolve into a better life and be happy with you and me

The first to fly
The first to strive
The first to fight to stay alive
The first to win
The first to strike
The first to live
The first in flight

RISE! Like the sun up at the crack of the dawn
Like a waking giant in the morning stretching and yawning
RISE! Like an infant being held in the light
Like the smoke from an incense when it's ignited
RISE! If you're sleeping won't you open your eyes again
The greatest high be that natural high within
No need to force the progression just ride the wind
You'll know the answer to the where and why and when
If you keep working for your search you will find the end
Though at the end you find it only begins again
See at the end you'll see it only begins again
And everything you learn you're only remembering
Cause you're

Let your mind and your soul be free Work to shine meet your goal believe Spread that kind of L-O-V-E Take some time off the lonely

Cause all we got is rhythm and timin' We go beyond the edge of the sky $\,$