

# Spirit and Soul

Eric Hutchinson

Spirit  
Lemme feel your Spirit  
Lemme feel your Soul  
Spirit and Soul

Hard to believe I'm no longer a kid  
I don't follow trends as much as I did  
I've got wrinkles, my hair's gone gray  
But I'm not ashamed of being my age

Ya see...  
I'm like a fine wine, I'm like glory days  
I mature with time, I get better with age  
I feel in my prime, I'm in the groove  
I said step right up, I'm new and improved  
I'm a cult classic we disregard  
I'm a Ken Griffey Jr. rookie card  
I would never go back, I could never restart  
I will always be young 'cause I know in my heart I've got

Spirit  
Lemme feel your Spirit  
Lemme feel your Soul  
Spirit and Soul

I appreciate how I'm appreciating  
I appreciate how I'm appreciating  
I appreciate how I'm appreciating  
I got...  
Spirit and Soul

I'm all grown up and the world's still strange  
I don't feel different, but I know I've changed  
I wonder if I might lose control  
But I am not afraid of getting old

Ok  
I'm a seasoned skillet, a well-worn boot  
Vintage art, ripened fruit  
I'm like Betty White, I'm like George Clooney  
Reserve whiskey, I'm a tall oak tree  
I found wisdom that came from mistakes that I made  
I make better decisions, and I make them with grace  
Things must change, it can't stay like it was  
But the future is awesome, I'm feeling the buzz of the

Spirit  
Lemme feel your Spirit  
Lemme feel your Soul  
Spirit and Soul

I appreciate how I'm appreciating  
I appreciate how I'm appreciating  
I appreciate how I'm appreciating  
I got...  
Spirit and Soul

I appreciate how I'm appreciating  
I appreciate how I'm appreciating  
I appreciate how I'm appreciating  
I got...  
Spirit and Soul