

## A Hero From A Thousand Paces

### "Heka Secundus"

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[Music by Adam Cook; lyrics by Michael Cook]

["Life is the childhood of our immortality."

- Goethe

What is cold and unbearably hot, what is war and  
wordly triumph, what is hate, greed, and malice?  
What is our inner spring of strength?  
None but overcoming the worst of these!  
Let fire, war and hate come, and let us overcome to be  
stronger.  
For this life is our time to become what we will be.]

Aphelion! Hail beyond the halls of time  
To vast wastes of ice and Alluvial mass  
Logos! Ad Pathos! So be it ever after  
Thy souls themselves are bringers of disease

Chaos, satyr, servant of stymphalian rage  
And that hideous truth that saileth from beyond  
lo, lycanthropy! Bare thy claws and fangs  
Time shall ever call they name

Ad infinitum

The hand of Gaia  
The womb of mother ice  
Borealis shines  
And burns the will of man  
Giants circle and roar  
Heka Secundas!

I hath prayed for strength  
And my hell is here  
And my hell is real

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