

## **Helen Adove Hawk**

### **"The Essence"**

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Float above  
Sink below  
Swim the rivers  
As they flow  
Taste the essence  
Taste the earth  
Taste the sum  
Of all it's worth  
Taste the sum  
Of all it's worth  
inning  
Through all of time  
Unto the end  
Unto the end  
And from the heavens  
Flying to the earth  
On cosmic winds  
On cosmic winds

Meet your heart  
In the stars  
Bring together  
far  
Float above  
Float above  
Sink below  
Swim the rivers  
As they flow  
Taste the essence

Taste the earth  
Taste the sum  
Of all it's worth  
Taste the sum  
Of all it's worth

And from the beginning  
Through all of time  
Unto the end  
Unto the end  
And from the heavens  
Flying to the earth

On cosmic winds  
On cosmic winds

Meet your heart  
In the stars  
Bring together  
Near and far  
Feel the essence  
Of this earth  
Feel the sum  
Of all it's worth  
Taste the sum  
Of all it's worth

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