

## Anything Box

### " First in Flight"

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CHORUS:

First in flight (repeated 4X)

Gil Scott-Heron:

(Cause all we got is rhythm and timin'

We go beyond the edge of the sky)

[Gift of Gab]

FREE! Like a bird out in the wind in the night

Like a 747 to LA that's in flight

FREE! Â Like a garden flourishing in the wind

Like a student bout to do it when he's graduatin

FREE! From any of the energy perception

Can never be defined create the definition within

FREE! Just lovin 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(repeated 9X)

Chorus

[Gift of Gab]

UH! I never hesitate about a reluctant mind

Just put the peddle to the metal see what ya find

You back there slouchin 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 mighty trees 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

Reverberatin out we're reachin 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

Chorus

[Gil Scott-Heron]  
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

[Gift of Gab]  
RISE! Like the sun up at the crack of the dawn  
Like a wakin child in the morning stretchin and yawnin  
RISE! Like an infant being held in the light  
Like the smoke from an incense when it's ignited  
RISE! If you're sleepin 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 workin 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 rememberin  
Cause you're

Chorus (repeat 4X)

[Gift of Gab: repeat 2X]  
It's me  
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

[Gil Scott-Heron: repeat to end]  
Cause all we got is rhythm and timin'  
We go beyond the edge of the sky

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