

I AM

Connie Cook Smith © 1987



I am a flute note, risin' to the sky

I am a winged seed in flight

I am a mountain, standin' here so high

I am the day, and I'm the night

I am the atom, spinnin' round in love

I am the space between the lines

I am the baby, and the elderly

I am all places and all times

And I am the seasons, both warm and cold

I am both woman and man

I am the dark days, and days of gold

I am the sea and the land

We are the moonlight, silver on the trees

We are the sunshine, hot and strong

We are each other, loving tenderly

We are this LIFE, we are this song.

And we are the seasons, both warm and cold

We are both woman and man

We are the dark days, and days of gold

We are the sea and the land

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