

# "RUN JUMP FLY" CD

By KC Wilkerson

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# "RUN JUMP FLY" CD

By KC Wilkerson

## NEW MAN

If I ask the right question will the answer come?  
If I walk a good path can I still have fun?  
Hardest battle that was ever won.

I must remember as long as I'm searching I'll always be free  
Before I die I want to celebrate me!

I'm only as rich as I can afford  
To give away is it's own reward  
Might come back and make me feel adored

I must remember as long as I'm searching I'll always be free  
Before I die I want to celebrate me!

The Earth holds the secrets  
The spirit guides the soul  
Mind is the tool New Man is the goal  
The Earth holds the secrets  
The spirit guides the soul  
Mind is the tool New Man is the goal

I can't do it when I'm dead, those  
Little things that help my head  
Like making love until we break the bed

I must remember as long as I'm searching I'll always be free  
Before I die I want to celebrate me!

Once I dreamt that I was awake  
Pushed past the limit I couldn't find the brake  
Was it a blessing or just a mistake?

I must remember as long as I'm searching I'll always be free  
Before I die I want to celebrate me!

The Earth holds the secrets  
The spirit guides the soul  
Mind is the tool New Man is the goal  
The Earth holds the secrets  
The spirit guides the soul  
Mind is the tool New Man is the goal  
Long as I'm searching I'll always be free  
Before I die I want to celebrate me!  
The Earth holds the secrets  
The spirit guides the soul  
Mind is the tool New Man is the goal

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## SAVE OUR MOMMA

She's big and round, green and blue  
Innocent love for me and you  
I'm wondering what we're gonna do  
Clean up our act, pull her through

Save Earth, save our, momma  
Save Earth, save our, momma  
Save Earth, save our, momma  
Save Earth, save our, momma

From the mountains high to the valley low  
We gotta help everything to grow  
She used to do it on her own  
Now we've gone and messed up our  
Lovely home

Save Earth, save our, momma  
Save Earth, save our, momma  
Save Earth, save our, momma  
Save Earth, save our, momma

I'm asking you to give her love  
I always want to see those stars above  
Oh momma give us another chance  
Sing a song and do our dance

Clear rivers, clean air  
It's not to late so don't despair  
Jus' treat her right, she'll be fair  
Besides, there's no where else to go but here

Save Earth, save our, momma  
Save Earth, save our, momma  
Save Earth, save our, momma  
Save Earth, save our, momma

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## GOOD BAD EXAMPLE

Brother on the other side of the world  
We used to call them the reds  
Can we just ignore Tiananmen Square  
How many kids there are dead

To be rich is glorious  
It's a democratic sign  
If you give a little you better give a lot  
Happiness ain't no fine line

Tell the man we're  
Tired of a good bad example  
Let's show them what freedom means  
Tell the man we're  
Tired of a good bad example  
Let's show them what peace mean

It's the youth of the world  
That give us the courage  
To speed the changes in our lives  
Is the man afraid to listen to new ideas  
That could put an end to all our strife

Tell the man we're  
Tired of a good bad example  
Let's show them what freedom means  
Tell the man we're  
Tired of a good bad example  
Let's show them what peace mean

Four dead in Ohio  
Let's not forget what happened there  
Students makin' changes in the government  
'Don't know the meaning of fear

Tell the man we're  
Tired of a good bad example  
Let's show them what freedom means  
Tell the man we're  
Tired of a good bad example  
Let's show them what peace means

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## WHITE FIRE

They came to this country,  
Didn't understand  
Why natives here couldn't own the land  
Thirty million strong lovers of the Earth  
The great creator gave them birth and

Then came fire, still there was fire  
Red Earth, Gold Air, Black Water,  
White Fire

A few understood the native people here  
Embraced their way of life without fear  
Lived off the land took only what they need  
Struggled for harmony but never felt defeat

Then came fire, still there was fire  
Red Earth, Gold Air, Black Water,  
White Fire

An' it's sad to carve faces in sacred stone  
Fence off the land, slaughter buffalo  
If not discovered until now  
Would things be better, brothers some how?

Then came fire, still there is fire  
Red Earth, Gold Air, Black Water,  
White Fire

Millions of people may have native blood  
Shows that we're human  
Shows that we love  
Never too late to understand  
Find relation in this land

Bless the fire, transform the fire  
Red Earth, Gold Air, Black Water,  
White Fire

In the 1960's two hundred fifty thousand  
Native Americans were all that remain.  
Even so, there are some who teach the sacred  
ways to all who pray to understand,  
the spirit of the land.

Red Earth, Gold Air, Black Water,  
White Fire  
Red Earth, Gold Air, Black Water,  
White Fire

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## SPREAD OUT

Gliding over virgin meadow  
Climbing to the cotton sky  
Playing in the windy currents  
Happy just to be a live  
Early morning bells go off  
I just want to stay in bed  
Working for the corporation  
Wondering where my life's been lead

There's a place where I feel famous  
In the forest by the streams  
People often get to crowded  
Make room to find my dreams  
I would like to work at home  
Check the answering machine  
Co-workers on-line video tele conf'rencing

Spread out, move out of the city  
Spread out, farther than the burbs  
Spread out, we can talk through the wires  
Spread out, we can make our lives our own  
Spread out

Voluntarily wake at dawn  
Silent world before my eyes  
Draw the water from the well  
Light fills the morning skies  
Leave the pressure in the city  
Room enough for everyone  
Fit my work into my life  
Not the other way around

Spread out, move out of the city  
Spread out, farther than the burbs  
Spread out, we can talk through the wires  
Spread out, we can make our lives our own  
Spread out

Society grows so big, people tend to loose control  
Need our time to fill our lives before we get old  
All the great technology if we learn to use it right  
Wonder comes back to life no focus on fight or flight

Spread out, move out of the city  
Spread out, farther than the burbs  
Spread out, we can talk through the wires  
Spread out, we can make our lives our own  
Spread out

# "RUN JUMP FLY" CD

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## CHICAGO BEACH

Third Coast Chicago Beach It's our sanctuary  
A place to release, intensity of the city  
Woh ooh oh oh

Workin' forty hours a week  
Just enough time come home  
Eat go to sleep  
Winter sun rarely shines through  
Summer comes back baby  
Shake that winter off with you  
Woh ooh oh oh  
Life is a Beach

Third Coast Chicago Beach It's our sanctuary  
A place to release, intensity of the city  
Woh ooh oh oh

The beach is in the truest sense  
The ultimate religious experience  
What was urgent just moments ago  
Seems to have faded away  
Woh ooh oh oh  
Life is a Beach

Third Coast Chicago Beach It's our sanctuary  
A place to release, intensity of the city  
Woh ooh oh oh

Frisbees, volley ball, in-line skates, bicycles,  
water polo, wind boards, bikinis, Pete the  
popcorn man, the good humor man, and sand,  
hot sand, hot form fitting sand, and did I  
mention the lifeguards, you think they know  
they have the best job in town, yeah they know.

Wave pulls you up into her welcoming arms  
Women on the beach showing their charms  
Flying like superman into the shore  
Grind your chest into the sand  
and go back out for more  
Woh ooh oh oh  
Life is a Beach

Third Coast Chicago Beach It's our sanctuary  
A place to release, intensity of the city  
Woh ooh oh oh

# "RUN JUMP FLY" CD

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## REINCARNATION

Have you ever felt like you've been somewhere?  
Something bout that old house standing over there  
You get a funny feeling and a thought flashes by  
Was it in a novel or does the memory lie?

Have you ever felt like you know someone you don't?  
Sure you never met them just got off the boat  
You keep silent as you're watching for a clue  
They think you're staring what do they mean to you?

Reincarnation, do we live more than once?  
If there's a choice I'll get on the bus  
If we want to can we take another stance?  
Can we stay in heaven, or can we get another chance?

It is possible if we look around  
Plants and trees are dying, falling to the ground  
Up pops a seedling, add another sprout  
Living things recycle why would we be left out?

All that I know, is that we're given  
Once at a time the life that were livin'  
So many lessons I want to learn  
I like thinking there's more time to burn

Reincarnation, do we live more than once?  
If there's a choice I'll get on the bus  
If we want to can we take another stance?  
Can we stay in heaven, or can we get another chance?

Once I left my body, and I did fly  
Back to the Earth new light in my eye  
I don't have proof, but there's no doubt  
I guess it's for some to know, and others to find out

I really love it here, and when my body's old  
I hope to comeback fresh, rejoin the fold.  
'Til I finally learn it all an' shake this body off  
Soaring upward light carry me aloft

*(speak chorus)*

Reincarnation, do we live more than once?  
If there's a choice I'll get on the bus  
If we want to can we take another stance?  
Can we stay in heaven, or can we get another chance?



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## ESCALATE

You see a little pain in my eyes,  
Your smile becomes a passionate lie  
Was I denied as a child  
Ignored and left wild  
No amount of love would be too mild

When you're in my arms  
Love starts to escalate  
When you're in my arms  
Love starts to escalate

The way you walk swingin' side to side  
Hair like a veil you've always been shy  
Your laughter breaks the gloom  
When you walk into the room  
No one would dare leave you in ruin

When you're in my arms  
Love starts to escalate  
When you're in my arms  
Love starts to escalate

Why can't we grow up knowing  
what we're looking for?  
Can't someone tell us  
what our lives have in store?

Fill up every moment don't waste time  
You learned how to stop on a dime  
When it doesn't feel right  
And there's no one in sight  
You carry on and head for the light

When you're in my arms  
Love starts to escalate  
When you're in my arms  
Love starts to escalate

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## OH SHOW ME

There's a journey to take, take you away  
Bring you back to yourself, oh show  
You want to try, try hard to fly  
When you stop you're there, oh show

Oh show me the light and I'll  
Stand on my own  
Oh show me I'm right when I feel alone  
Oh show me the light and I'll  
Stand on my own  
Oh show me I'm right when I feel alone

Let it all be real, real hard to leave  
Go out into the world, oh show  
One day it comes, comes so they say  
It's all for fun right now, oh show

Oh show me the light and I'll  
Stand on my own  
Oh show me I'm right when I feel alone  
Oh show me the light and I'll  
Stand on my own  
Oh show me I'm right when I feel alone

Oh show my love, love for the world  
Celebrate I'm alive, oh show  
Oh show my love, love to the world  
Celebrate we're alive, oh show

Oh show me the light and I'll  
Stand on my own  
Oh show me I'm right when I feel alone  
Oh show me the light and I'll  
Stand on my own  
Oh show me I'm right when I feel alone

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## RUN, JUMP, FLY

Call all your friends, go to the mountains.  
Take your lover off to the sea.  
All you need is right there inside you.  
Life's what we make it out to be.

There is a passion we must satisfy,  
To, open our hearts so we can learn to fly.

Everybody has a different kinda vision,  
Some look ahead, others look behind.  
Be in the moment so we don't miss out,  
It's the perfect ultimate design.

There is a passion we must satisfy,  
To, open our hearts so we can learn to fly.

Gravitate, levitate, celebrate!  
Run, jump, fly!  
Gravitate, levitate, celebrate!  
Run, jump, fly!!

Gold in those hills diamonds in the desert,  
A treasure chest is at your feet.  
If the prize seems to be illusive,  
Try the magic word just say please

There is a passion we must satisfy,  
To, open our hearts so we can learn to fly..

Gravitate, levitate, celebrate!  
Run, jump, fly!  
Gravitate, levitate, celebrate!  
Run, jump, fly!

What makes you happy go out and do it.  
Imagination that is the key.  
You know our dreams start the ball rolling,  
We got what it takes to be free!

There is a passion we must satisfy,  
To, open our hearts so we can learn to fly.

Gravitate, levitate, celebrate!  
Run, jump, fly!  
Gravitate, levitate, celebrate!  
Run, jump, fly!