

Ancestors

(Words and Music by Jan Garrett & Melinda Wood Allen)

Sky above, earth below
Fire within me, this I know
Wind and water, sand and time
Live and breathe, and beat this heart of mine
Live and breathe, and beat this heart of mine

The stones beneath our feet hold the memories
The stars light the way through the dark
The greening of the leaves, the stirring of the breeze
The river's song reminds us who we are

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Can we walk the city's canyons when the moon is on the rise
Can we let our native kindness shine through
Will we recognize the stranger, see the light behind the eyes
Let the beauty of our hearts be what we do

Angels and Ancestors are watching over me
We're a chain of survivors, breaking free
I call on those who've come before and those who've yet to be
And I believe that they believe in me

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Live and breathe, and beat this heart of mine
Live and breathe.....