

We are spirit bound to this flesh
(We) Go round one foot nailed down
(But) Bound to reach out and beyond this flesh, become Pneuma

We are will and wonder, bound to recall, remember
We are born of one breath, one word
We are all one spark, sun becoming

Child, wake up
Child, release the light
Wake up now, child
Child, wake up
Child, release the light
Wake up now, child
(Spirit, Spirit, Spirit, Spirit)
Bound to this flesh, this guise, this mask, this dream

Wake up remember
We are born of one breath, one word
We are all one spark, sun becoming

Pneuma
Reach out and beyond
Wake up remember
We are born of one breath, one word
We are all one spark, eyes full of wonder