

Rush, Time And Motion

Time and motion
Wind and sun and rain
Days connect like boxcars in a train
Fill them up with precious cargo
Squeeze in all that you can find
Spontaneous elation
And the long enduring kind

Time and motion
Flesh and blood and fire
Lives connect in webs of gold and razor wire
Spin a thread of precious contact
Squeeze in all that you can find
Spontaneous relations
And the long enduring kind

The mighty ocean
Dances with the moon
The silent forest
Echoes with the loon

Time and motion
Live and love and dream
Eyes connect like interstellar beams

Superman in super nature
Needs all the comfort he can find
Spontaneous emotion
And the long enduring kind