

Essence

Sekou Bunch

Tell you what I want

Essence

'Tell you what I need

Essence

What I'm looking for

Essence

Sit in silence close your eyes, feel the magic everywhere inside you
Fingers toes head heart and soul, connected deep to every living thing

Not just the taste, the touch, the smell

Or the face you know so well

Not the 400 word description

The book, the film, the faithful depiction

Get out of here

Get out while you can

Choose life, strive for essence

Choose life, Choose living

Choose life, Choose living

Go digging, Go digging

Go digging, Go digging

Go digging for essence

for Essence

for Essence

Sit in silence and watch the sky

Feel the magic deep inside you

Every woman and every man

Turn off your mind and you'll understand

Sit in silence and watch the sky yeah

Feel the energy inside outside

Aint one damn thing means a thing in this life

til you get close to Essence, til you try

Every man and woman listen to me, hey

Live in the moment or you'll never be free

Essence

Essence

Essence.

Choose life, Choose essence.

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