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## Esprit de la mer: Spirit of the Sea

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### *Esprit de la mer*

La mer est le sang de l'esprit  
Elle coule dans les veines  
Guérit les blessures du temps

L'esprit chante l'envie du cœur  
Fait fleurir nos désirs  
Parsème nos plaisirs

Le cœur relie  
Les chemins de la vie  
Unifie le corps  
Manifeste l'amour

La vie reflue  
Comme la marée  
De haut en bas  
De bas en haut.

*Ashley Jones*

### *Spirit of the Sea*

The sea is the blood of the spirit  
Flowing through veins  
Healing the wounds of time

The spirit sings the heart's desire  
Sows our passions  
Inspires our pleasures

The heart unites  
Our lifelines  
Connects the body  
Manifests love

Life pulses  
Like the tide  
From high to low  
And low to high.

*Translated by Grace DuGar*