Gach lá nuair a mhúsclaím, - áthas gliondarach croí.
Seal eile le caitheamh ar an saoghal seo arís
Gilleacht cnó-buí na gréinne ag bíogadh 's ag eirí
Fuinneamh ag sníomh trí chlap-sholas neamhaí

Giorraithe ag rinnce, ár mairbh chughainn arís
Roim eirí do dhaoinibh- ath-chuairt ar ár mbith.
Cleití ag creatha - árdú éanlaithe san aer,
A gcómhcheadal seinnte le breacadh an lae.

Géimneadh na mbó ag cuardach faoiseamh a mbleán
Uain ag méidhleach, iad óna máthair ar fán.
Beacha ag bogadh, gach miotán le creathán
Á ngorra féin sa ghriann, a ríoghan máthair bán

Músclaíon na daoine, céile caoin is leannaibhe.
Cáirde is comharsainne, is fiú cuimhní ar dhaoinibh gaoil
Sruth eile ag gluaiseacht, fuinneamh daona mar chím.
Cosáin ceanna agus grádha, 'sé dhíbríon imní?

Idir Neamh agus Talamh, Dia rundiamhrach le ríomh.
Pé ainm faoine a ngabhann sé ag daoine dá mhaiomh
Ach an aoibhneas seo inár dtimpeal, tugtar árd ar go cuí.
Gan beatha, níl míriúilt, ach tost balbh fada - neamhní.

(rough translation)
Awakening with the day, the heart fills with happiness.
Another gift of time to spend in this living space.
Nut yellow brightness as sun stirs, rising
Energy weaving through heavenly gloaming

Hares dance, our dead return again to us.
Before people arise, they revisit our reality
Feathers shaking, birds take to the air
Their concerto heralded the dawn of the day

Cows lowing as they search for the relief of milking
Lambs bleating, they are strayed from their mother.
Bees moving, every muscle shaking
Warming themselves under sun, their fond queenly mother

The people awake, spouses dear and their young
Friends, neighbours or memories of related people.
Another stream weaves, human energy I see.
Paths of affection and love, it's what dispel's worry

Between the heaven and Earth, a mysterious God to be felt
By which ever name it is called or boasted of by people
But this beauty around us, do note it well
For without life there is no miracle, but long dumb silence - nothing.