

The origins of this song is from the Shaker community in Maine Google AI says

Shaker communities were a group of Utopian societies that practiced pacifism, communal living, and gender and racial equality:

‘Tis a gift to be simple, ‘tis a gift to be free;
‘Tis a gift to come down where we all ought to be;
And when we find ourselves in the place just right,
Twill be in the valley of Love and Delight.

When true simplicity is gained,
To bow and to bend we shall not be ashamed;
To turn and to turn shall be our delight,
Till we turn and in turning we come around right.”