## **Breathe In Now**

I see love and beauty all around, I also see the sadness that's embedded in your frown I wonder why you choose not to talk to those around, I sense a fear of lifting heavy feet Higher than you want to, I just want to believe your truth...

You stand there but you do not cast a shadow, you walk away wit h every word you choose not to say I suppose that moving on paints a new colour for each day, I do n't like to see Dreams put on the shelf, to deal with on that one day, I just w ant to be happy for you

'Cause I only have one second, this minute today I can't press rewind and turn it back and call it now And so this moment, I just have to sing out loud And say I love I like and breathe in now And say I love I live and breathe in now

I move on holding on to what I learn, it's time to move on from the notion That the whole world's against me Break free of shackles that formed young, time free in now And now I know, it's not all up to me, I can count on another So move on lighter and be free

'Cause I only have one second, this minute today I can't press rewind and turn it back and call it now And so this moment, I just have to sing out loud And say I love I like and breathe in now And say I love I live and breathe in now

I believe in for today I just want to know that you're okay 'Cause I believe in breathing just for today I just want to know that you're okay

'Cause I only have one second, this minute today I can't press rewind and turn it back and call it now And so this moment, I just have to sing out loud And say I love I like and breathe in now And say I love I live and breathe in now And say I love I live and breathe in now