Now I often talk of my heart How can I turn to the dark? And the swaying silence, I see Is nothing I can hold on to

You can't breathe if I hold you tight You cannot breathe if I hold you tight

Don't be afraid of letting go Don't be afraid of letting go

Not of anything, out of anyone

All alone here with my demons Am I ready to move on? To a person or place A long away from here

And I miss you and I lose you And I find you, I choose to follow my heart

Don't be afraid of letting go Don't be afraid of letting go

Not of anything, out of anyone Out of anything, out of anyone

Don't be afraid of letting go Don't be afraid of letting go

Don't be afraid of letting go Don't be afraid of letting go Don't be afraid of letting go

Be afraid of, go