If you love somebody
You better let it out
Don't hold it back
While you're trying to figure it out
Don't be timid
Don't be afraid to hurt
Run toward the flame
Run toward the fire
Hold on for all your worth
Cause the only real pain a heart can ever know
Is the sorrow of regret
When you don't let your feelings show

So did you say it
Did you mean it
Did you lay it on the line
Did you make it count
Did you look 'em in the eye
Did they feel it
Did you say it in time
Did you say it out loud
'cause if you did hun
Then you lived some
That feeling inside
That's called satisfied

Busy people walking by Can't help but worry some With so many things to do So little love gets done Empty hearts everywhere

Drowning but dying of thirst
If you want love
It's not that tough
Start by giving it first
It's so easy to give
Baby can't you see
Just close your eyes open your heart
And do what comes naturally

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Then you lived some
That feeling inside
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Horses are built to run
The sun is meant to shine above
Flowers are made to bloom

And then there's us We were born to love

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