

# Breathe

Emeli Sandé

You are not your thoughts  
They are just a story  
Let them pass you by  
Detach yourself from worry  
Try to close your eyes  
And tap into your glory  
Treasures untold lay within your soul

Breathe in  
Breathe out  
Don't rush  
Slow down  
Relax  
Unwind  
Everybody gotta find a meadow in their mind

Heavy is the hurt  
In these crazy times we live in  
But listen to the birds  
It's your name they're singing  
If you're afraid to jump  
Know that you're already swimming  
So you may as well just let the river flow

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'Cause everybody gotta find a meadow in their mind

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