

Moment of Peace

Labrinth

Hey, how you doing?
This is Labrinth
I wrote this piece of music to help calm you down
So take a deep breath, close your eyes if you feel to
And allow yourself to drift into the moment
Breathe
Feel your body lift from the ground to weightlessness
Leaving all the baggage you're carrying behind you
Worry, doubt, hurt, shame
All falling away from your shoulders
Feel your body continue to get lighter
You are beginning to return
Excitement and creativity waken up around you
The love you may have forgotten to give yourself arriving now
I hope this has given you a moment of peace
Go on, enjoy the rest of your day