

This is my brand new day starting now
I let go the things that weigh me down
And rob me of the beauty thats to be found
And life all around
And this is my prayer without ceasing, the negative releasing
And as i rise above, my burden is easing

I bring the pure flow like water around
The rocks of life won't pull me down
I bring the pure flow, drink so deep
The river of life, my soul at ease
I bring the pure flow like water around
The rocks of life won't pull me down
I bring the pure flow, rising above
The storms of life to live and love

This is my brand new day in the light
Troubles rising up on the left and the right
I keep my eyes fixed on where i want to go, the rest will follow
And this is my prayer without ceasing, the negative releasing
And as i rise above my burden is easing

I bring the pure flow like water around
The rocks of life won't pull me down
I bring the pure flow, drink so deep
The river of life, my soul at ease
I bring the pure flow like water around
The rocks of life won't pull me down
I bring the pure flow, rising above
The storms of life to live and love

This is my brand new day starting now
Letting go of the ways that i fall down
The old can be made new, the lost can be found, the lost will be found
And this is my prayer without ceasing, the negative releasing
And as i rise above my burden is easing

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My soul is at ease and i am free
My soul is at ease and i am free
This is my day, my soul is at ease and i am free
(and i am free, and i am free)

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The rocks of life won't pull me down
I bring the pure flow, drink so deep
The river of life, my soul at ease
I bring the pure flow like water around
The rocks of life won't pull me down

I bring the pure flow, rising above
The storms of life to live and love