Wide awake again tonight Afraid to close my eyes Far too much On my mind

Just slow down
And give yourself some time
All you need to know now
Is I'm found in the silence

Just breathe

I just want to take a breath

If I could only shut down my head

Get just a little

Peace and rest

Just slow down
And give yourself some time
All you need to know now
Is I'm found in the silence

Just breathe

Just slow down
And give yourself some time
All you need to know now
Is I'm found in the silence

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Is I'm found in the silence