

## Free Spirits

Regine Velasquez

The bars in my cell aren't too cold  
Couldn't tell if they're new or are they old  
But you made me feel  
That it's there written all over  
'Coz they cast an ugly shadow  
And shade whatever spirits left and paint my face  
Reminding you to remind me  
This seal of fate, would I want to escape  
Again and again or lie this time

Hey keeper, you have learned  
To trust and love now you will to hate  
Hey keeper, your prison walls  
They do confine but can't contain

This spirit wants to fly high  
Awakened by the light  
It bid the night goodbye  
No walls, no steel won't bend  
Won't break  
Can't take away hear heart's desire  
To love, to give, to whoever, to live

The bars in my cell are my own  
I could bend them enough so you can touch my soul  
But I have to bend them back  
Back so the keeper won't know