

## Yvonne Breathnach

### "Loving and Free"

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Bound, I am bound, like a knot on a string  
Eager to be where my life can begin  
Out of the shadow and into the sun  
So many things that I should have done

I will untangle myself, so that I can see  
I will untangle myself, everything will be  
Loving and free

Bound I am bound, like a rope on a swing  
Up in the air and then down again  
Sure for the first time so clear in my mind  
Wise to the feeling I gently unwind

Bound I am bound, ro remember your smile  
Something so special doesn't fade away  
Sadness is sweet when you've gone for a while  
When I see you there'll be a lot to say

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