

Letoya

"With Beated Breath"

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Caught in thoughts, you can't get out
Stuck in slow-motion, it drags you down.

Chasing signs till it's too late
From sources you can't even name.

With your bated breath
You will not change a single thing!
Relax, clear out your lungs.
You need to breathe.

Memories loom large in mind,
Nurturing your weak side.

Your past echoes in your head,
Replacing the silence with noise instead.

With your bated breath
You will not change a single thing!
You won't squelch what is inside
So now you gotta come to find:
You need to breathe!

With your bated breath,
You're going in circles all the time!
You won't squelch what is inside
So now you gotta come to find:
You need to breathe again!

When you do breathe in,
Remember to breathe out.

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