

## The 7 Method

### "Holy Hold"

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Been around a time or two  
Never seen anything like you  
Beaten down to the ground  
I couldn't lift my head,  
Couldn't turn around  
I found you  
I found joy  
I got the smiling face  
Of a little boy  
With you time stands still  
I can swallow any bitter pill

You gotta young look  
A young touch  
Never knew that  
I could love this much  
'till you put in your lovin' clutch

You know i've been around  
Around the track  
Was bound to lose  
'cuz i was too far back  
And then you  
Made your move upon my soul  
I had to get ya 'fore i got too old  
You saw the gaping  
Hole in my heart  
I let this world tear it all apart  
You filled it up & filled it in  
You didn't care where it had been

You got a young look  
A young touch  
Never know that  
I could love this much  
Till you put in your lovin' clutch  
You gave an old man  
A young heart  
Transplanted from  
The broken parts  
Jump started with your

Lovin' spark  
You got a holy hold, hold on me

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