

Kara Johnstad "Release"

Visit "[Release](#)" on MotoLyrics.com

Release
Just let it go
Release
It's time for love to flow
Time to cleanse and heal
Trust in what is real
Release

Uncried tears
Oh too many
Uncried tears
In this belly
Deep deep down
I am a dark and salty sea
:
Release
Just let it go
Release
It's time for love to flow
Time to cleanse and heal
Trust in what is real
Release

All these tears
Held deep inside of me
All these fears
Keeping me from living me
My throat is knotted
And tears roll down my cheek

Release
Just let it go
Release
It's time for love to flow
Time to cleanse and heal
Trust in what is real
Release

Uncried tears
The dam is breaking
All these years of
Numbing up

My heart is aching
Waters so dark and damp
My insides start to cramp
RELEASE

Release
Just let it go
Release
It's time for love to flow
Time to cleanse and heal
Trust in what is real
Release

Waves of joy
They ripple through me
Waves of love
Where all the darkness used to be
I splash in these waters
I am a salty and sweet sea

Release
Just let it go
Release
It's time for love to flow
Time to cleanse and heal
Trust in what is real
Release

I taste these tears...
I lick my lips so salty sweet
A belly laugh
It starts to roll
right through me
I'm home again.
I'm a big vast open sea

Release
Just let it go
Release
It's a time for love to flow
Time to cleanse and heal
Trust in what is real
Release

Release
Just let it go
Release
It's time for love to flow
Time to cleanse and heal
Trust in what is real
Release

Visit [Kara Johnstad](#) page on MotoLyrics.com, to get more lyrics and videos.

[MotoLyrics.com](#) | Lyrics, music videos, artist biographies, releases and more.