

# Living Lighter

I've got all these feelings; they're weighing me down  
Burdens that feel like a thousand pounds  
I'm anxious, I'm nervous, I'm losing my focus  
Worry and fear are overwhelming me

I've got to work this out, then get some sleep  
If I can't solve it, I'll get help from my peeps  
Sometimes I can't lift a load on my own  
Sometimes I need to talk it out and let my feelings go

I'm letting go of what I hold and living lighter  
I'm livin' lighter  
I'm letting go, I'm so much happier, living lighter  
I'm living lighter  
Letting go of the feelings I no longer need  
I'm living lighter

Let go of the bad to free up space for the good  
Not clinging to thoughts or worrying more than I should  
I'm saying goodbye to what's not helping you or me  
I wanna brighten my mood and feel more energy

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Letting go of all the negativity  
I don't need it  
Like anger, fear, and jealousy  
Yeah, do ya feel me  
I'm gonna live lighter I wanna live lighter  
And more peacefully

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