

## *Win back yourself*

*(von Francesca Buri / [www.francescaburi.ch](http://www.francescaburi.ch))*

*If you feel like the light is hurting you and you want to hide  
If the hole is dark and deep and there's no one to hold you tight  
If you feel lost in the illusion of these days, if you feel torn  
When you hear the storm in the trees calling and you feel like falling*

*You will win back the light and the joy and the power, breathing more free and feel  
one with the world  
You will win back yourself, see the love that's around you, the love you have for  
yourself*

*When you lose yourself in the longing for something that is out of your reach  
Forgotten to take care of your lovely garden, of your beloved tree  
Forget about the past and try to pardon, the eagle is waiting for you to fly free, to fly free, to fly  
free, fly free...*

*You will win back the light and the joy and the power, breathing more free and feel  
one with the world  
you will win back yourself see the love that's around you, the love you have for  
yourself*

*When you don't understand the sense of mumbling in your head  
Then listen to your heart, that always seems to be a good start*

*Oh yeah get up stand up See the light and beauty of the day  
Oh yeah get up stand up stand up or fall on your knees and pray  
Oh yeah get up stand up See the light of a new day  
Oh yeah get up stand up stand up or fall on your knees and pray*

*You will win back the light and the joy and the power  
Breathing more free and feel one with the world  
You will win back yourself see the love that's around you  
The love you have for yourself*