

We Are All One

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There comes a time
For letting go
No hanging on
Change is how we grow
Every ending is a start
You can feel it in your heart

Into the wind
Against the grain
Pushing it all down
Trying to avoid the pain
Those feelings deep inside
Leave nowhere left to hide

You are not alone here
We all feel it too
Only the names get changed here
The same things we all go through

Because we are all one
We are one- *you know it's true*
We are one- *me and you*
We are one

Begin again
Believe you can
Ask for help
And shake that divine hand
Hear what your feelings say
The good ones light the way

Because we are all one
We are one- *you know it's true*
We are one- *me and you*
We are one – *we're connected too*
We are love