

I Relax, I Release

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I relax, I release, I let go all fear
I relax, I release; I know my good is here

I relax, I release, I let go all hate
I relax, I release; I know my life is great

I let go all pain; I'm in good health again

I let go all lies; my words are calm and wise

I let go frustration; my life's a celebration

I let go all sorrow; I have a bright tomorrow

I let go all anger; my joy will last much longer

I let go the past; my happiness will last

I let go all wrong; I know my love is strong

I let go defeat; my life is all complete

I let go confusion, and recognize illusion

I let go all burdens; I know success is certain

I let go mistakes, for I've got what it takes

I let go all grief; I always find relief

I let go resistance; I always have assistance

I let go all lack; I know my good is back

I let go disease; I'm healthy as I please

I let go resentment, and I'm filled with contentment

I let go all greed, for I have all I need

I let go rejection; I always see perfection

I let go all sadness; my life is filled with gladness

I let go obstructions; my life is my construction

I let go all hurt, for this is my new birth