**Speak softly my sweet**

Speak freely my friend speak freely

Release the clench

And let it go

Open you heart

It is time for your energy to flow

Speak softly my sweet speak softly

Relax the fear

It has no hold

Open your mouth

It is time that your story was told

Speak freely my friend speak freely

Review the past

And let it rest

Open your mind

It is time to be your best

Speak softly my sweet speak softly

See your soul

And breathe deep

Open your ears

It is time to wake from your sleep

Speak loudly my love speak loud