

# Healing Begins

## Lullabies for Deep Meditation

So you thought you had to keep this up  
All the work that you do so we think that you're good  
And you can't believe it's not enough  
All the walls you built up are just glass on the outside  
So let 'em fall down  
There's freedom waiting in the sound  
When you let your walls fall to the ground  
We're here now  
This is where the healing begins, oh  
This is where the healing starts  
When you come to where you're broken within  
The light meets the dark, the light meets the dark  
Afraid to let your secrets out  
Everything that you hide can come crashing through the door now  
But too scared to face all your fear  
So you hide but you find that the shame won't disappear

So let it fall down  
There's freedom waiting in the sound  
When you let your walls fall to the ground  
We're here now, we're here now, oh  
This is where the healing begins, oh  
This is where the healing starts  
When you come to where you're broken within  
The light meets the dark, the light meets the dark  
Sparks will fly as grace collides with the dark inside of us  
So please don't fight this coming light  
Let this blood come cover us  
His blood can cover us  
This is where the healing begins, oh  
This is where the healing starts  
When you come to where you're broken within  
The light meets the dark, the light meets the dark

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