

Hold yourself by ELOMAH – Heartsongs
(Cover Jai Chand + Grayson)

Tuning: D A D G A D, Capo: no

Hold yourself here (4 x)

In the space, in your center, in this time, no others
One hand, on top of the other

Hold yourself here (4x)

Close your eyes, and surrender, release your mind,
and remember, in the space, in your center

Hold yourself here (4x)

With all of the pain, and all of the anger, and all of
the joy, feeling all together, in the space,
in your center

Hold yourself here (repeat)