

# Held

♩ = 92

T/M: Karly Loveling



1. On the waves of the o - cean, the swirl of the breeze, in the  
2. In the rage of the fire, the eye of the storm, in the  
3. In the songs of the mor - ning bird, that wel - come the light, in the



breath and the mo - tion, in old groves of trees, on the  
change of the sea - sons, as new life is born, in the  
dreams of the child - ren, a - sleep in the night, in the



wings of the but - ter - fly, in the buzz of the bee, I am  
tears I sur - ren - der, as I wail and I mourn,  
magic and the me - mo - ries of those gone be - fore,



held, I am held, I am held.



I am held, held in the cy - cles of life.



I am held, I am held,



held in the dark and the light. I am held.