

One In The Flow

Lightly (♩ = c. 110)

Words and Music by Jeanne Loehnis

C G

Voice 1
Here in this time I let go.

Voice 2
Here in this time I let go.

Dm C

V1
I sink in. Love be - low.

V2
I sink in. Love be - low.

Em F

V1
Here in this time I know. I am one

V2
Here in this time I know.

C/G G C

V1
in the flow. Here in this time

V2
I am one in the flow.

1 2

(*): Alternate lyrics:

I move beyond each block. Every small thought, every fear.
I move beyond what holds me back. I now move. I am free.

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