

# Lost & Found

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Time stands still as life around me spins,  
My world has stopped... I'm looking within.  
Realizing who I am, finding me—  
The person I lost, waiting to be set free.

As time has passed, compliant I became,  
Sacrificing self, lost in the game.  
Hoping to ease life and the chaos it brings,  
Joy, love, and peace—clipping my wings.

Now life has changed; alone I stand.  
It's up to me—my choice, where I land.  
The choice is clear, the decision made:  
Happiness, joy, love of life—my plan is laid.