



LOST

AND

FOUND

Alan Sanderson

Lyrics and Chords

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Introduction

Lost and Found is an album of alternative and folk rock music by Alan Sanderson. You can listen or download the album at <https://alansanderson.band>.

This book contains the lyrics and guitar chords for the songs. This should be enough for a beginning guitarist to plow his way through most of the album. Please consult the tablature book, also available on the website, for more details.

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Lost and Found

words and music by Alan Sanderson

F Bb C F Bb C

I went on a journey; I was looking for myself

F Bb C F Bb C

When I finally found myself, I found:

F Bb C F Bb C

I had only lost myself when I went to find myself

F Bb C F Bb C F

So I became the person who I am - that's who I always was

F Bb C F Bb C

I went on a journey; I was trying to lose myself

F Bb C F Bb C

When I finally lost myself I found:

F Bb C F Bb C

When we lose ourselves in others, that's when we find ourselves

F Bb C F Bb C

When we lose ourselves in others, that's when we find ourselves

F Bb C F Bb C

My friend went on a journey and completely lost himself

F Bb C F Bb C

I went looking for my friend

F Bb C F Bb C

And I found him, when I lost myself

F Bb C F Bb C

I found him! And I found myself!

F Bb C F Bb C

When we lose ourselves in others, that's when we find ourselves

F Bb C F Bb C

When we lose ourselves in others, that's when we find ourselves

Rising Sun

words and music by Alan Sanderson

A E
I could be your older brother. I could be your friend.
A E A
I could be a new beginning. I could be the end.

[CHORUS]

E A
Am I a rising sun?
E A
Or am I setting sun?

A E
I could be your pruning hook. I could be your sword.
A E A
I could be your humble servant. I could be your lord.

[REPEAT CHORUS]

A E
I could be a new beginning. I could be the end.
A D E
I could be a burning sunset. It's up to you, my friend.

[REPEAT CHORUS]

My Abode

words and music by Alan Sanderson

G Em Am D
The road is my abode. It will love me – it will kiss me

G Em Am D
The road is my abode. it will hold me – hold me

C G
I turned to you when I was lonely

C G D
And you sent me on my way – Your way

G Em Am D G
The street is my retreat. I go there when there's nowhere else to go

Em Am D
And I know I belong – I belong

C G
I turned to you when I was lonely

C G D
And you sent me on my way – Your way

G Am
And I don't know which way I'm going

Am D
And I don't know which way I've been

G Em
And I don't know where you want me to be

Am D
But I know I'm far from home

C G
I turned to you when I was lonely

C G
And you sent me on my way

C G
You said my way was your way

D G
But your way – Your way is my way home

Alpha

music by Jim Ash and Alan Sanderson

C G Am F

Standing On High

words by Alan Sanderson, music by Joseph Wecker and Alan Sanderson

A E
Standing here on High
D E A
Wishing that the rain would leave me dry
E D E
As it's falling from the sky
A E D E A
And I wait ...
A E D
And I hope I won't be late

[CHORUS]

A Bm9 D7/F# E7sus4
Standing on High

A Asus2
There's a memory here
D/A B7
I can feel it near
A A6add9/C# E
Is it hope or is it fear?
A Asus2
Oh, no! We won't give up this fight
D/A B7
We'll make it through the night
A A6add9/C# E
And someday, whatever happens, it's gonna be alright

[REPEAT CHORUS]

Will you meet me here?
I'll meet you here on High Street

Lullabye

music by Alan Sanderson

G C D G
Em Am D D7
G C D G
Em D G

G C G D
G C G D G

[REPEAT]

Am D Am D

[REPEAT]

Healing Heart

words and music by Andrew Vavrek and Alan Sanderson

D Em
Look within your own heart
G D A D
There is always another open part
Em
This burden, can you forgive?
G
Oh, please forgive!
D A Em
I sing for you and your healing heart
G D Em
La da da, La da da. Hm la da da da da
G D Em D
La da da, La da da. Hm la da da da da

D Em
Deep within my own heart
G D A D
Can I open another broken part?
Em
This burden, I will forgive
G
I will forgive!
D Em
Oh, pray for me and my healing heart
G D Em
La da da, La da da. Hm la da da da da
G D Em D
La da da, La da da. Hm la da da da da

Song for Evelyn

music by Alan Sanderson

C

C G F G

C G F G

F G

[REPEAT]

Am G

[REPEAT]

C

Omega

words and music by Alan Sanderson,

with a quote adapted from "[Improve the Shining Moments](#)" by Robert Baird (1855-1916)

C Dm G C
When everything is said and done, what's there left to do?
C Dm G C
Can we turn the clock back and make everything new?

C Dm G C
When everything is lost, Can we find our way again?
C Dm G C
Can we turn back the pages, Or have we reached the end?

[BRIDGE]

Am G
Time flies away on wings of lightning
Am
We cannot call it back
G Am
We cannot call it back

[1st repeat only] Am F Am C Am F Am C
[REPEAT BRIDGE]

C F G
We might not have tomorrow
C F G
And we can't go back to yesterday
C F G
So we'll learn, we'll love, and we'll forgive
C F G
And we'll hold on to every hour that we have together
C F G
Because I know there's a bright day coming for you and me
C F G
And we'll hold on to every promise we have