

# Shadowlight

## Defences

I sat in shadowlight  
Had to face the terror staring back at me  
'Til I found comfort in the darkness  
Easy to push them away  
Things we don't wanna embrace  
Just close your eyes  
Yeah that's alright  
That's alright

I sat in shadowlight  
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'Til I found comfort in the darkness  
And it set me free

Always been more comfortable at night  
But I've learned to love the light  
As long as I am on my side  
I know I don't have one to hide  
No way out  
But through all the demons  
Noone else  
We do this alone  
And I'm done with hiding from my own shadow  
If I can't love myself, can't love anyone else

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'Til I found comfort in the darkness  
And it set me free  
I'm taking back my life  
Nothing can stop me becoming  
Who I'm supposed to be  
Now that I've finally accepted  
All the parts of me

What does it mean  
To really be  
Comfortable in my skin?  
At home in my own body?  
At peace with where I've been?

No day without night  
No wrong without right  
No me without you  
No dark without light

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