

Break The Shell

India.Arie

I met a prophet dark as the night
She could see into my soul
Said she'd been watching and had some advice
She said shadows make you whole
A life without pain is a wolf in sheep's clothes
Cause if you listen to the lessons that it holds
You'll find the gold

Child it's time to break the shell
Life's gonna hurt but it's meant to be felt
You cannot touch the sky from inside yourself
You cannot fly until you break the shell

I can remember when I was a child
How the grown folks seemed so crazy
Why are they so angry, why are they so loud?
And when I grow up that's never ever gonna be me
That was the moment that I decide
That I would build a wall just shy of six feet tall
Too strong to fall

Child it's time to break the shell
Life's gonna hurt but it's meant to be felt
You cannot touch the sky from inside yourself
You cannot fly until you break the shell

Courage is not being hard
It's time to peel back all of the layers
You put between who You're meant to be
And who You are
And go be who You are

So much disappointment to finally understand
That there is no such thing as perfect
Were all simply doing the best that we can
And we have a choice to live or truly be alive

(This is your life)

Child it's time to break the shell
Life's gonna hurt but it's meant to be felt
You cannot touch the sky from inside yourself
You cannot fly until You break the shell

Child it's time to break the shell
Life's gonna hurt but it's meant to be felt
You cannot touch the sky from inside yourself
A bird cannot fly until it breaks the shell

Do with these words what you will
It's time for us to be for real
You'll be stuck on the ground until
You finally break the shell