

# Shadows and the Light

**Maysa**

I'm conscious of the brightness  
I'm conscious of the dark

The heartbeat and the rhythm  
That echoes in my shell

I recognize the gift of life  
The presence of your love

I'm conscious of my spirit  
The shadows and the light

I'm a witness to the rise and fall  
I'm a witness to it all

Trying to understand my mould  
And the contradictions that divide my soul

I'm conscious of my spirit  
The shadows and the light