

# 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 its time to break the shell  
Life's gonna hurt but its 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 its time to break the shell  
Life's gonna hurt but its 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 you who 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 its time to break the shell  
Life's gonna hurt but its meant to be felt  
You cannot touch the sky from inside yourself  
You cannot fly until it breaks the shell  
Child its time to break the shell  
Life's gonna hurt but its meant to be felt  
You cannot touch the sky from inside yourself  
The bird cannot fly until it breaks the shell  
Do with these words what you will  
Its time for us to be for real  
You'll be stuck on the ground until  
You finally break the shell

Source: [LyricFind](#)

Songwriters: David Harris

Break the Shell lyrics © Sony/ATV Music Publishing LLC,  
Kobalt Music Publishing Ltd.