בין החשך לאור אלך תמיד, ובכל מקום שאלך, אפתח חלון, חלון של אור, ואזרע זרעי אהבה.

بين العتمة و النور سأمشي دائما و بكل مكان سأمشي سأفتح شباك، شباك النور و سأزرع بذور الحب

Manal Hreib, Palestinian, social psychologist and Israeli citizen, originally wrote the lyrics to "Between darkness and light" in Arabic and Hebrew as they "came down" in meditation while she was preparing for a peace event in Nazareth in 2007. The event was to be held on the day that marks both the Nakba (the day to mourn the loss of land for Palestinians) and the Israeli Day of Independence (the day to celebrate the State of Israel). She writes that the lyrics were "a message from my inner guide about the nature and the mission of my soul as a heart-healer for separation and as a peacemaker, because in peace work we meet both the darkness and the light."

Israeli-Jewish singer-songwriter Daphna Rosenberg was given Manal's lyrics by a mutual friend, and, she says, "within minutes the melody 'came down.' "2 Daphna writes about the collaboration, "When I met Maureen in Nazareth, she heard the song, created a dance for it, I translated it into English, and that same evening we were a big group of Israelis and Palestinians dancing and singing to the words and music of this song in three languages in the beautiful St. Gabriel church of Nazareth.3 The act of singing together as Israelis and Palestinians (21 per cent of Israeli citizens are Palestinian by nationality) on this day marked their deep difference, but also claimed their commitment to peacemaking between their peoples. The intertwining of two vocal parts is a metaphor for the way of love that breaks down boundaries. Inshallah has sung this song at multi-faith and settler/Indigenous events, as well as at services for peace. Listening to the recording on the Inshallah CD Singing Peace or to the original artists at \( \text{www.youtube.com/watch?v=LWpqljYxFbw} \) is a good way to practice the languages if there is no one to teach Arabic or Hebrew. Manal and Daphna generously share their song with anyone who seeks to use it to "open windows of light" and "plant seeds of love."

The lyrics are given here in the order they were written down: Hebrew, Arabic, English. Inshallah chooses which languages to use in which order depending on the circumstances.