

SONG TITLE

Ping Pong & Puzzle written by Lily Amis

Lyrics: Lily Amis

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I need to find my peace of mind
The pain inside my head is making me blue and blind
The shadows of the past are hunting me
Why can't I run away from my destiny?

Toxic people causing so much pain
Playing ping pong with my heart and emotion
Destroy my love and devotion and pain
I finally understand this awful game

Ping-Pong & Puzzle stop hunting me, stop troubling me
The shadows of the past are NO longer part of me
Hearts that meant to be in your life are close to me
The missing puzzle parts were never meant to be
were never meant to be
were never meant to be
were never meant to be

Puzzling about broken bridges and fall off for years
Questioning selfish actions brought me to tears
Still wondering about people's decisions after years
I see the missing puzzle pieces in my life clearer
Feel the emptiness in my soul as I look in the mirror

Loosing track in the past was common
Ghosting people today is a choice you make
Those who are meant to be in your life, stay in your life

Ping-Pong & Puzzle stop hunting me, stop troubling me
The shadows of the past are No longer part of me
Hearts that meant to be in your life are close to me
The missing puzzle parts were never meant to be

were never meant to be
were never meant to be
were never meant to be

Not everyone is fortunate to be a piece of a perfect puzzle & destiny
blessed with unconditional love and loyalty
Grandma used to say, to protect yourself from misery
Only think about those who think about you
Only care about those who care about you
Only miss the ones who miss you deeply
Only miss the ones who miss you sincerely

Ping-Pong & Puzzle stop hunting me, stop troubling me
The shadows of the past are NO longer part of me
Hearts that meant to be in your life are close to me
The missing puzzle parts were never meant to be

I now realize Grandma was right
Oh, I wish, I wish I could tell her that
Ping-Pong & Puzzle, People & Past stop hunting me
From now on, my PEACE of mind is my only priority

SONG METADATA

Title: Ping Pong & Puzzle

Lyrics: Lily Amis

feat. Artist: Thir13een

Language(s): English

Genre: Soul / Pop

Tempo (BPM): 117

Key: A minor (introspective, reflective, emotional)

Instruments: Male vocal, Piano, Bass, Drums, Guitar, Strings, Pads

Mood/Keywords: reflective, emotional, soulful, cinematic, introspective, protest, heartfelt, expressive, therapeutic

Additional Tags: Self-Healing Song, Family Wisdom Song

Sounds Like (reference artists): Sam Smith, John Legend, Alicia Keys

Sync Potential: *“A soulful, introspective ballad with heartfelt male vocals and reflective lyrics about toxic relationships, healing, and self-protection - perfect for emotional drama series, reflective documentaries, and campaigns about resilience and self-care.”*

- **TV/Film:** character backstory moments, healing and self-discovery arcs, family dramas
- **Commercials:** wellness campaigns, therapy/mental health awareness, resilience-based brands
- **Documentaries:** personal growth, overcoming trauma, human resilience
- **Events:** awareness days about mental health, self-care, family bonds

Occasions: Mental Health Awareness campaigns, Self-Care & Healing initiatives, Inspirational Campaigns

Cultural Highlight: Mixes universal wisdom (grandmother's advice) with modern struggles (toxic people, ghosting), creating a relatable **healing anthem**.

ISRC (recording code): TCAHY2403302)

ISWC (composition code): T3213571105)

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