

## **CRIES FOR HELP**

### **Prayer**

Sometimes I have to say a prayer  
In the hope that there is someone there  
Who will hear my plight  
Even though I know the odds are only slight  
I am searching for someone to listen  
And who can impart to me their wisdom  
For I don't understand  
How to take control and be in command  
Of my life with all its stress  
I need help, I must confess  
I turn to the Almighty one because  
I am completely at a loss  
No mortal being can give me the answer  
I am looking for some sort of energy transfer  
That comes from up on high  
And will mend my crumpled wings so I can fly

## **MENTAL ILLNESS**

### **Depression**

How can I describe  
The way I feel inside?  
The endless thoughts that go round in my head  
Convince me that I am emotionally dead  
If you should search for my soul  
You would just find a void or a great big hole  
The very fabric that is me  
Has been stripped away and now deserts me  
I live in a world that promises nothing  
So what is the point in bothering?  
My life is like a jigsaw puzzle  
Where all the pieces are in a muddle  
I am in a state, I am in a mess  
But there is no cure because there is no visible illness  
Only God knows how much more  
I can take of these pointless unrewarding chores  
Sometimes the minutes feel like hours  
But to change things will require some inner strength or forgotten power  
To get through the day can be an enormous task  
And often poses questions that I dare not ask  
Here I am with my internal strife  
And if you look closely I have been condemned to life

## Alone

I am sitting here alone  
Waiting for someone to come home  
But I know they will never arrive  
Because I have no one special in my life  
My friends have all deserted me  
And I have been abandoned by my family  
I have driven them away  
By the awful things that I say  
But if they knew the pain I'm in  
Then they would be more understanding  
I am constantly wracked with grief  
In a way that is beyond belief  
And the horror with which I view the world outside  
Cannot totally be described  
I am tormented by my own self doubt  
And this has made me shut everyone out  
I am trapped inside my shell  
In a place that resembles hell  
I feel anxious, I feel lost  
But I have sinned and now must pay the cost  
Back in my room I continue to sit  
I have told myself I must not quit  
There must be a light at the end of the tunnel  
Even if it is minuscule  
I will have to focus it in my sight  
And lock on to it until it becomes bright  
Then one day maybe I won't be on my own  
I won't be sitting here all alone



## HELP

### Help

Do you wake up early in the morning  
Feeling sad and feeling blue?  
Then I have got the remedy  
I'll tell you what to do  
Grab some paper and a pencil  
Pull up a comfy chair  
Listen to what I have to say  
Because I have already been there  
Make a list of all your troubles  
Make a list of all your strife  
We'll tackle them together  
And we'll get you back your life  
Where shall we begin?  
Where shall we make a start?  
What I think this boils down to  
Is a problem of the heart  
Your very soul is dying  
You've lost just who you are  
But let me help you back together  
Let me heal those emotional scars  
If we take it slowly  
Just one step at a time  
We can get things in order  
And make everything rhyme  
There is no quick fix  
No miracle cure  
But bit by bit we'll sort it out  
And find the truth that's for sure  
I hope this relieves the pressure  
And eases the pain  
Because there are other people in this world  
Who are feeling just the same  
So you don't have to suffer  
Out there by yourself  
I am here to be with you  
I am here to help

## **RECOVERY**

### **The Tide Has Turned**

The tide has turned  
All my ships have come in  
I am thankful to be alive  
To enjoy what is happening  
I have been unburdened  
A great weight has been lifted  
The future is looking bright  
My depression has finally shifted  
It didn't happen overnight  
The change developed gradually  
Good days started to outnumber bad  
And now I find I can live quite happily  
I can't see why I had such trouble  
Being alive and just surviving  
But now I am no longer depressed  
I have surfaced from those depths that I was diving  
I am a different person  
There has been a change to my inner core  
Little hills are enough for me to conquer  
I don't need to move mountains anymore  
I have scaled down my ambitions  
And now set myself less challenging goals  
I take pleasure in the simple things  
That is all I need to make me whole

## **A WORLD OF LOVE**

### **In Love With You**

Lay your head upon my pillow  
Wrap yourself around me like the willow  
Whisper sweet nothings in my ear  
Tell me all the words of love I long to hear  
You mesmerise me, you have me in raptures  
And I am ready to be captured  
By your web of adoration  
That defies all measure or computation  
All day I have been rehearsing this scenario  
Over and over in my head it goes  
And now the moment has arrived  
When we can join our bodies and come alive  
Afterwards I feel rejuvenated  
For your love has left me elated  
I pinch myself to see if it is all true  
Yes I am in love, in love with you

## **LIFE**

### Life and Death

The life we live is fragile  
It could even end today  
No one knows what is round the corner  
And whether everything is going to be okay  
Will I know when the time has come  
For me to leave this world behind?  
Will I get a premonition  
Or some other warning sign?  
The thought of death is chilling  
Although I realise I am mortal  
I believe there is another realm  
And this life is merely a portal  
My soul will make a transition  
From my body into light  
To become part of a higher deity  
One that is pure and bright  
All my sins will be forgiven  
And my heart will find it's resting place  
I won't be frightened  
Because I know I won't be alone in outer space