

## THE CONCEALMENT (THOSE WHO DON'T WANT TO WAKE)

Hide.

Don't let them inside.

Lie.

Tell them you're just fine.

Night falls fast for those

Who don't want to wake up.

Curtains drawn

And nothingness washes over

Flat and hollow

And expressionless

Immune to feeling joy

Or anything at all

And it creeps in

This soul-stealing numbness

Best to pretend

That it will someday go away

But...

We are lonely.

We are lonely here.

Hide.

Don't let them inside.

Lie.

Tell them you're just fine.

We are lonely.

We are lonely here.

I am lonely.

I am lonely here.

## THE NIGHT RIVER (THOSE WHO CAN'T REST)

Long I lay in languid malaise  
Vexed by unremitting unrest  
Victim of an unquiet mind

Amaranthine exhaustion is  
Fed by old anxieties and  
Answers I can never find

Night river  
Light the way  
Night river  
Take me home

Slumber eludes my embrace, fa-  
-tigue ensures I can't escape, I  
watch the hours burn down the night

Repe-repe-repetition  
Tormenting me with the visions  
Of everything I can't change

Night river  
Light the way  
Night river  
Take me home

Sleepless

Lying awake again  
Is this real?  
Or will I  
Never sleep again?

## THE BED OF WASPS (THOSE CONSUMED WITH PANIC)

Suddenly

– you cannot breathe

Sweat glistens as the attack commences

You are

Trembling

As the dread spreads its virus

Terror all-consuming

Strangling each thought

What if what is was as I feared?

Is it imminent death?

Will it ever end?

Impending doom, impending danger

Can someone help? Is there a savior?

Hands soaking wet, as my heart races

There's nothing left, not even traces

No sanity, they're overwhelming

Thoughts like

Flies infest

No that's not it

The thoughts swarm like wasps

In my mind

Dizziness

As if hanging upside down for hours

*All I kept thinking was*

*"Please don't let me*

*Die"*

I couldn't move

I couldn't breathe

"And you're going to die alone"

Why won't it stop? What's going on?

I started crying

My vision blurred  
*Oh god, I can not stop - why won't it stop?*  
Sharp and shallow  
Breathes crushing my lungs  
*It feels like I'm ripping out of my skin*  
As if in a vice  
My heart pounding  
*I can't breathe - what's happening?*  
Invisible hand  
Choking me now  
*Everything's going numb*

Something's wrong  
Something is very wrong

Completely irrational  
Thought patterns joined by sincere fear

It won't stop

Please stop. Please.

## THE SCORN (THOSE WHO DON'T UNDERSTAND)

You go and pity for yourself  
While a great wind carries you onward  
Don't you see? it's easy  
Why can't you be more like me?

Why are you always so sad?  
You must be so weak – just get over it  
You just want attention  
Such a drama queen – just get over it

We don't want to hear anymore of your woes (don't you want to be happier)  
Just cheer up or keep your mouth shut around us (we do not care, leave us alone)  
We don't want your disease infecting our minds (we don't need you bringing us down)  
Pitiful you who can't fend for themselves (others suffer, far worse than you)

I didn't choose for my mind to attack me

It's not so bad, but you won't see.  
It's your fault that you're unhappy  
Depression isn't real after all  
It's all in your head

I can't feel the things you say I should feel.

Grow up  
Get up  
Shut up  
Oh poor you  
No one cares  
Anymore

## THE RIPTIDE (THOSE WITHOUT HOPE)

Nobody saw me walking through the  
Waves that were calling me  
“Deeper”  
“Surrender”

Long past the shallows and the breakers  
I turned to face the sky and  
Weep  
And sink.

Pulled beneath  
The encroaching tide  
Limbs cramping from fatigue

Hope flies off  
Leaving me to drown  
Drug down below  
By the gravity

The unseen hands that won't release me  
Patiently drawing me  
Under the currents

Numbness escapes into lethargy  
Vanished the light and will to  
Breathe  
Will to be

Pulled beneath  
The encroaching tide  
Limbs cramping from fatigue

Hope flies off  
Leaving me to drown  
Drug down below  
By the gravity

Sinking below

## THE CHANCE (THOSE WHO LET GO)

Drying weary eyes,  
Finding that there's nothing at the bottom  
In all directions only emptiness

No tears left to cry,  
Hearing no more music only silence  
Thinking I should reach out but there's

No one there  
No one coming  
No one cares  
No one will notice

Slowly breathing in  
Kissing a burst of light then I'm gone  
Then all of my sorrows will disappear

Courage meets the fright  
And I am finally ready to let go  
And all I have to do now is

Just pull down  
Feel the fire  
Then I'm free  
Then I'm empty  
No more pain  
Help me please

There's a place where I belong  
And I hear it sing a joyful song  
And the bright light burns away  
All of my pain  
And tells me I'll feel nothing again

There's a place where I'm not alone  
And I return to the earth and stone  
And the blood flies into the sky  
All of my mind

Scattered to the winds we cannot touch

There's a place where I am gone  
And no one can hear my somber song  
And my memory fades away  
All of my life  
And I won't ever speak again

There's a place where there's no dawn  
There's no time as darkness starts to yawn  
I must hurry 'fore I lose  
All my courage  
Already, I'm saying too much

This is where I find my end  
I won't bother anyone again  
Why do I still hesitate?  
I should go  
Time is short, no turning back now

Help me, please...