

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 mouth your 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...