

DARKNESS to LIGHT

January 2001

Alone in my room
With nothing to do
Silence and sadness wash over me
The music's not playing
No books being read
Not speaking to anyone
Crying and screaming in my bed

I don't want to do anything
I won't go to school
Not listening to anything my parents
tell me to do
Feeling so abandoned
just Lost in my pain

Can't see the light outside
For the blinds are turned down low
Only light I have is the candle on my shelf
The only thing I drink is water
When I take my pills
Which don't help at all

After months of isolation
I'm sick of hurting so much
I can't think the way I do
Halt the actions in my head
Stop crying and screaming
'Cause my throat feels raw and dry
Sit up in my bed and turn the
radio on
The music does good for my head

Open the blinds
To let the light come in
The sun is shining
Sending good vibes at me

I call a friend or two
Surprised they make me feel better
Even though the doctors say there's
something wrong with my head

I try to go to school
And I sit by myself
So no one will bump into me
But I now allow the support I've
had all along to come through

With that in my mind
And support 100% behind me
I want to help others like me
Who suffer from pain
They don't have to give up
And tell them
Light is on the way

