

The Damn Pill

A little of everything populates the nights
Small moments and flashes of lights pop
Fizz before my eyes like twinkling stars
Layers of life move through a room
Giving Wakes that move humanity from
One end to the other
Curtains covering the unseen world
Hidden from the unawaken minds of the
World's children – blind, blind, blind
Energies flowing from one person to the next
Black pillows that push against my conscience
Bringing fainting anxiety and depression like ocean's waves
Happiness that comes from within to make my day better
Sadness, anxiety, fear, anger comes – comes at me from all sides
Wanting me to feel their emotions
Talking is impossible,

“Here have a pill –“

“It will help the voices go away”

“Don't worry this has happened before”

“It's just anxiety”

“It's just depression –“

“Here take this damn pill”

So many don't believe beyond what they can see –
Beyond what can be nailed down and pigeonholed
At least then, they'll

“Understand” –

At least then, they'll

“Know what it's like”

I can't talk to you because you don't get it

“Don't feel bad”,

“Don't beat yourself up”,

“It's not your problem”,

“Don't care”,

“You have no right to be angry – Ever.”

“Be personal”,

“Open up”,

“Get laid”,

“Start smiling”,

You Bastards, you just don't get it, do you?

“You need to relax, it's no big deal”.

Oh, shut up.

I can't breathe around you people – a dark
Cloud has come to take me away
It presses like pillows upon my heart and head
I can't breathe, the light is too bright
The noise is too loud. There is too many people
Too many voices, too many energies

“Wake up, you'll be fine.”

“This is reality.”

“Here, take this pill, and you'll be fine”

Numb, numb, numb you till the clouds go away.