

PAIN

*It climbs inside you eating away
 You hold on waiting for the day
 The day when you can't hold it in
 Inside you like a sin
 You feel so alone when you aren't at all alone
 But it makes you feel so tight and so god dam alone
 You want to reach out and speak of your fear
 You want to tell of your deep and daring
 Yet it's in so tight that it's almost going to burst
 To suck you up like one hell of a thirst
 You keep holding back, too scared to show your pain
 You smile, yet you know it's so hard to explain
 The loneliness you feel the heartache you've had
 For the years as a child, it's just held you back
 The memories of your past
 It has just gone so fast
 The innocence taken from you
 When you trusted so much
 It grows each day inside you like a disease
 You keep yelling "My God can't someone help me please"
 One day you say to that tight thing inside
 You will be all nothing and my life will be a guide
 A guide to finding myself and of who I will be
 A guide to let all who want to see me
 I will be rid of that pain in my chest
 That knot that holds me from feeling at rest
 If I just find that person who can reach out to me
 The one who will say "It's alright you will see".*

Written By Julie Stewart

