Poetry Series

Gary McPhail - poems -

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(1) Introduction

I used to believe in destiny and that my life was written,
Nothing would change, because thats what I read,
But everthing became different,
It never happened overnight,
Because my Mother left long ago,
I lived with my Dad,
who in time, my Love would begin to grow

For now I will start from where I was, before my mother went away, A happy family I used to say Before everything began to change.......

(2) A Happy Family

There was me, my brothers; a total of three, A step-dad who was my mothers husband to be, Each one loving each other As we waited for a sister after being concieved,

Just recently we had bought a camera,
We stocked up on VHS tapes,
So many laughs and so much anger,
When living room boxing went on so late.

I remember a day out
The zoo is where we went
The goat ate my bag instead of the food
And tried to eat my coat through the fence.

Me and my brothers never got along
But what brothers do
We punched and shouted until we'd hurt,
But looked out for each other to,
My eldest was always grounded
coz he was a rebel on the streets,
He'd get his opinion across,
But was grounded by six,
The other was a follower, he'd follow the eldest,
The eldest became annoyed, and once again got grounded.

I tried being like my brothers,
but I never could, The youngest was a baby,
I preferred to be good,
My step dad taught me alot about respect
I listened as I should,
He taught me about love
And how I should grow up
coz life isnt always good

I was close to my mother,
I didnt want to be apart,
she'd tuck me into bed

and push me on the swings in the park she would tickle my tummy and buy me new clothes she would cook something yummy and keep me warm when it was cold.

(3) House To House

A moment until I gather my thoughts, I need to remember my past, Moving from house to house in so little time, Becoming a confused child from the last laugh.

Different from the rest,
Lost in a corner, sitting in a wall
Don't let me move again
Because Ignorance is an emotion I can't stand any more.

A new friend I have Thanks for saying hi, A trick played behind my back I never did say bye.

I tried to outgrow this feeling of being lost, But each day it grew worse, We moved so many times because There was no money in my mums purse.

A Lawless Life

Many months of sleepless nights, Trying to understand whats wrong or right, Troubled by the answers that keep me awake, caught between my lawless life.

A sirtuation that stays complicated, Keeps me thinking the way I do, The world is full of decent people But no respect to me means no respect for you.

Is there really any order that keeps me safe from sin, people roam the planet with so rage;
It makes me sick;
But never sorry for a life to be lost, because theres so much we're ready to forget and have already forgot.

A Little Time

Where there is death there is life, Where there is guilt there is pride, Where this is forgiveness There is time.

A Reaction

we never seen his pain,
The love of his heart will never beat the same,
silenced in his sorrow with only doubt to blame,
never will there be a tomorrow with anything to gain,
living so hollow in the pity of shame,
actions unpredictable like the weather turning sunny to rain,

They say simplicity is better for him if not the best, so he keeps it slow when hes put to the test, no one to have a battle with to relieve some stress, thoughts a mess not in order, dont rest when someone crosses your boarder, stop livin in the corner, go to a place warmer, believe your a transformer, steam the place out and sweat in the sauner, my weapon is my peformer, best not show to show too much, im only wanting to touch upon the fact that no ones mind is completley in tact,

Dont panick on the scene dont stumble on the green, I set my own theme to beam in the cream, I lean away from being seen, who wants to see a skitzophrenic teen, how do I play with the team if they dont play clean Im mean, to keen to believe im unsafe, I do percieve the world is a dangerous place, I want the tatse, to be the case, already a waste so why not chase this race, but you wont see my face, im hear to lace a diffrerent way to spray the mace, only one way to trace me down, find that and ill be around, ill make my sound and be the clown, bark like a dog if you need me to be the hound, another day another pound, eatin more, eatin loud, pressure in my crowd, i got hit and all i did was bow, wow. Now lets not hope for peace, thats the least, i unleashed my beast and made a feast got close and did my most.

A Short Message

Making sense of nothing as nothing seems to make any sense

Touching senses with senses that touch, Misunderstood,

when does the blood draw from the stone

Bad Day

Its takes all my effort To crawl out of bed, I go to wash my face, Then I get dressed,

I walk down the stairs, Lingering to the kitchen, I can smell the breakfast, That mother is burning,

bacon, eggs, beans and toast, covered in a thick black crust, orange juice for drink, and then off I go.

Do you have your money
I hear before I walk
I say yes I do,
and then I set off to school.

I need to hurry
I'll miss the bus,
oh my god
I'm delirious.

I get on the bus
I pay my fare,
go up top
and light a cigarette,

I get caught then thrown off, everybody laughs, as they carry on.

I kick at the floor
I hurt my foot,
this is the beginning
of a day not going good.

I limp up the hill
I'm already late,
the clouds start to gather
and it begins to rain

I pick up the pace, my foot gets worse, I'm hopping on one leg It really hurts.

I hop into school, the main office I go yes I'm late, I already know,

what's my excuse,
I overlaid,
cant tell the truth,
I'll have my cigarettes taken away.

I go into lesson, English I've got, I cant stop hopping, on one foot.

What is wrong the teacher asks I banged my foot it hurts real bad

I'm sent to medical,
A paper towel I'm given
to help relieve the pain
from my toe that is swollen

I learn that my toe is broken
I say great then get stressful,
all this trouble just to go to hospital

I've got to learn to stop getting into trouble.

I begin to think whether the doctor would operate take me to surgery take a knife then amputate.

get a grip I told myself they will bandage it up then send me home.

I make it home, my mum doesn't know, couldn't get through to her on the phone

what's wrong with your foot my mum says to me
I banged it on the floor early this morning.

why did you do it errm i say why did you do it don't lie to me

I got thrown off the bus how come she says got caught smoking up the stairs.

SMOKING
ARE YOU JOKING
I SHOULD'VE KNOWN
YOU ARE GROUNDED

GET TO YOUR ROOM OUT OF MY SIGHT I DON'T WANT TO SEE YOU for the rest of the night!

I get up the stairs
I get stressed
grounded after a bad day
just bloody perfect.

I lean against the wall
the rage builds up
I crunch my fist
and punch it hard
aaarrrggh I scream into the house
MY FINGER HURTS LIKE HELL

I'm definitely stopping smoking if this is what its caused

Can'T Forget You, Only Remember

Can't forget you
Only remember
A Grandad more unique than any other!

I don't remember much. I will remember this, You are my Grandad, Who I'll deffinatley miss.

A giant afro sat above your head,
Sneak into the kitchen,
For a quick cigarette
Even if you were caught,
There were no excuses made,
Quick thinkin' smooth talker.
Someone else was to blame!
Announcing names,
For the draw on sunday,
Playing pool for the win,
Accused for a fix,
Never afraid at the night of games.

A good old laugh,
With a good old man
A jolly old fellow,
With a good long past.

You've been around for many years, many memories to be remembered, We wont forget you, Becuase we cant. Its' just to hard. even if we tried, You would still live on In all our lives.

I love you Grandad

Cat

My coat is furry, I am lazy, I will wake up, when I'm hungry.

Everybody's sleeping, warm in bed,
I sleep on the floor, this isn't fair!

My time is slow, I'm going out, I'll be back when I want, where's that mouse.

Gather in the streets, its another war, us cats and dogs, are ready to brawl.

We chant our song, we meow so proud, the dogs begin to bark, they bark so loud,

They run at us we run at them, they use their teeth, we use our heads.

A dog bites my leg, I screech in pain, I scratch at his eyes, he cowers away.

I lay on the floor, I cant even walk, I have to get home, so I start to crawl, Leaving the battle, I hide in a bush, I don't make a noise, In case I am caught.

I look into the field, I see my friends, all being hurt some already dead.

I make it home, the vets I go, stitches I have, and lots of strokes,

they love me, I love them, its a shame they didn't know my dear friend romeo and miss juliet, the mismatched pair.

Daddy Dearest

It was always my fault, when something went wrong, the blame was my own, never your yourself, how do I seek, for the words that I need, to ask you to leave me alone in peace.

A knock on the door,
I open it slow,
scent of rum,
I know it is you,
forgive me please,
im asked to do,
I fall for the lies,
you always tell.

I can change I can grow, into a daddy who will, love you and care for you when it is needed the most.

We hug and we cry,
the next morning you wake,
I open my arms,
you say go away,
you've been put to the test,
I knew you would fail,
you cant keep promises
that are ever real

Its time I left, you need to understand, that what is going on, is for the best,

your my dad I love you I do, but I cant carry on, pretending that you love me to.

Destiny?

I live life because life lives me,
I try to see the real meaning
Of the lives that we lead,
Each time I search,
All I seem to see,
is a mirror with an image
reflecting me.

Is fate a truth or just a word that we use whenever were in doubt, is this the excuse

guilt is a feeling, that we experience through time. any way we deal with it it wont disappear from life.

happiness is great, so long as it doesn't change, we feel good inside, but what makes us feel this way. how long is it, before the greatness goes away, Is it the falling of the rain, or a bad day.

Where do I search for the words that I need, to express all the emotions I forget to relieve, intelligence means nothing, I should know it doesn't take a genius to show how they feel.

Time can only tell where our lives will ever go, we cant do anything but see it for ourselves.

Diary Of A Monster

I stared at the floor for hours
hoping my life would soon return to normal,
My face was torn and battered
from the thrashing that was abysmal,
I layed there in my blood
it was cold and dark as usual
above me there he stood
with his eyes glazed and hands unstable

I deserve every punch I get
each dropp of blood that is spilt
are my sins that in my future I will commit.
I cannot be freed to the world
I am a monster to worthless to be seen
my home is my excrement filled urine stenched room
where takes place my beatings I will recieve

In my dreams I float away
I am with my mother who kisses me everyday,
she holds me and hugs and keeps me warm
never letting me go,
In my dreams I am 'safe'
a word I shall never know

I do not see the light
I do not see outside
I do see my life
traumatised by fright

Difficult Questions

Human exsistence.....

It must be the reason to depression, we think to hard about our lives,

Then we begin to ask difficult questions!

Why is everything so wrong? When it could be so right. Why am I not happy? Why am I dead inside?

Should I be smiling?
Should I play an act?
Shall I put on a play
and pretend everything is alright?

Maybe I should just die, Would anyone miss me? Would anyone think twice Of me even exsisting?

I look back to everything that has happend,
Not that bad
To other peoples misfortunes.
Still? It is my past.
I don't live any other life
It was misfortunate to me,
Is this why I feel misfortunate inside?

Dry Mouth

Inhale, exhale, Another puff, The smoke is in my lungs, Inhale, exhale, Another puff, I've decided enough is enough, Inhale, exhale, Another puff, smoking has become to much, Inhale, exhale, Another puff, Quitting isn't as easy as it looks, Inhale, exhale, Another puff, My sore throat affects the way I talk, Inhale, exhale, Another puff, All this machinery that helps me breath isnt what I want, Inhale, exhale, Another puff, Once it was cool a stress releiver I thought, Inhale, exhale, Another puff, My old friends give me their pityful looks, Inhale, exhale, Another puff, I spend my days lying in bed, reading books, Inhale, exhale, Another puff, The doctor tells me the end is soon, Inhale, exhale, Another puff, One more cigarette to go and I'll be gone for good!

Friend Or Foe?

Think there your friends! HA!

There not!

There your secret enemies with secret plots!

Two faces!
One's not enough?
Hide that evil face they will,
Until it appears to wind you up,

Who will they have? Who have they got? Who will they miss? Who will they not?

They will laugh with you!
Until they will laugh at you!
They will make fun
with others who surround you!
Dont trust there faces! WHY trust there lies?
We've already been stupid because we welcomed these 'friends' into our lives!

While we lay awake at night,
Thinking of our rotten foes!
Try to think about the meaning of friendship!
Then realise how quickly it goes!

Who will we have?
Who have we got?
Dont misjudge their trust.
Can it be friendship or not?

Get Out My Face

look into my eyes without your brain tryin to realise, i hate to see you analyse, I fantasize and channel ride, you coincide and battle minds, I dread the times, seeing the mimes tryin to calm with the sound of chimes,

read my lines because I hear my ryhmes, any chance you get I hope you find, a meaning to my lines, where its me who is allowed to whine I want to make it fine, you dont want to shine, I sensed a sign, now nothing seems kind,

Pushed too far, a scar for every sin, weve raised the bar, now im cutting your skin, one or two to the chin, push you on your back, I picked up the slack, so I rushed to attack,

Im walkin with pace, this place is a disgrace,
I got an infectious taste I feel the waste,
ive been placed in the page, now im ready to engage,
so get out my face and feel my rage

Going Home Soon

Pushed and pulled 'til torn apart Unprepared for a broken heart Never feel the pain that's hidden To share my emotions is forbidden.

Keep it quiet keep it safe, Never hear the voice that speaks. In a hole dig it deep personality Has gone six feet.

Revenge is dreamt when I sleep death is near when I wake In hell I'll be for I will sin being punished for my deed I will see that its wrong Suicide is my way home.

Great

I have been to school today, I'm not lying, why do you continue to question me, I'm getting sick and tired.

I've already said
that I'm not hungry
stop feeding me food
because I don't want it
I don't care if its my favourite meal
I'll eat it later
I'm not being rude

I want to stay in my room, leave me alone, privacy is a privilege, let me have what I'm owed.

you don't listen to me,
I wish you would,
my words are just the same as yours,
just a different tone that's all.

great now I'm grounded for having my opinions do I care, NO
I can handle being lonely take away my TV and my belongings at least I have my imagination to keep me company!

I Love You

One starry night a girl asked me, do I want to no the feelings she feels, I tried my best, not to guess, I've been wrong before, I couldn't be right again.

Is it only me that sees what I see the girl of my dreams; in front of me, I held her hand, inside I felt warm, nothing could pull apart, this love that was formed.

Im Already Dead

Everybody goes
Yet no one ever stays
Tears are destined to roll
As the darkness hides my pain,
The rains are my tears
The clouds are my mind,
So many years;
Since I was alive,

Inside My Mind

There she goes again, staring at me with those eyes,
A sense of evilness, as she stares over time,
Sitting, waiting, just like a clock,
No nerves, no sweat, never scared, TICK TOCK.
However many times, I turn to look away,
I cant help but turn back, to see the face staring again.

Always patient, seems so irritating,
Never opens her mouth, but continues to interrogate me,
I begin to fidget, why wont she stop,
"just leave me alone, " I think in this plot,

My paranoid mind, blew out of control, I begin to see images, that are not even real, hallucinations, of a knife in her hand "please don't hurt me," I screamed out loud.

I get up and run, into air that is fresh, to help clear my thoughts, of imagining my death, nothing more I want, than to run away and leave, but I have to face my fears or I'll never feel free.

Let Rudolph Fly Tonight

Rudolph the red nosed reindeer,
Had a very shiny nose,
He rolled a great big bifter,
And got very, very, very, very stoned,!

Up front on Santa's sliegh, Coz' his nose is very bright, Rudolph leads the way, And the chronic gives the flight, Hey! Hey!

Rudolph the red nosed reindeer, Had a very shiny nose, He ran out of king sized rizla's, and didnt feel he could go,

One special night,
Its clearly christmas eve,
Santa prepares to fly,
While the reindeer smoke thier weed
OOOHHH! hohohoo

All the reindeer say:
'We love you very much,
You make christmas a better day,
When you roll and pass the bud!
HEY HEY

Rudolph the red nosed reindeer, Its christmas time today Dont do what you did last time And crash into the motorway! HEY! HEY!

Merry Christmas

Lost Without A Trace

Blaze with me in the mist we see our truest dreams coming true Whatever we do there's openings but only a few Glazed with gold is the money we hold Paved on the roads is the story were told.

True to our word is the promises we keep Keeping them safe is deep in our sleep, Holding on to the rope and I quote "above cope" To live and loathe would not behold.

Wishing for a difference only for myself Sell fish in my hell saying I have nothing to tell I do get well then I go sour, Burning up the flames hour by hour.

There's a time and a place when you want to show your face,
Its slow with your pace and harder with your race,
There is no grace saviour or glory, never safe with strange behaviour or a story
Lost without a trace.

Lurking In The Dark

From the shadows his hand took a hold of my wrist, I panicked and struggled to escape his tight grip,

I heard his footsteps creep behind mine the sweat dripped and tears filled my eyes, I ran until reaching an empty road dead as the night, It scared me the most.

I didn't look behind he may be ready to attack at any time, I regained my courage and turned to see if he would show, His where abouts I did not know,

There I was
Standing alone,
Surrounded by mist and the trees that spoke,
The sun started to fall
my heart beat began to rise,
As once again
I felt his hand touch mine.

Lust For Love

Trecking in from the wind, Is a beauty so joyful, She begins to sing, Also very playful, My babe is under my wing.

We fly away when the time is necessary, Rain or shine We glide so high, Feeling safe which is a necessity, No one can deny or intefere which is why, we float in extacy,

Bleeding through our veins, Running deep in our blood, Is more we could gain, With a added bonus for a lust for love.

Manage Your Pace

Wishing well with these stories I tell, hoping to sell when I yell Lets get mashed, trashed smoke so much hash were going back to our past, Were getting there fast, no stopping the spell that has been cast, Its going to last until we reach our wrath.

Deciding which path to walk,
Knowing your not a bottle sealed with a cork,
Still have to talk, I'm not a morgue
I put myself there, either way why would I care.

I have no idea what is really clear, So I'm having a smoke and another beer, Bring the cheer, but bring yourself All through the year bring your wealth.

Maybe We'Ll Care

Eyes that stare with hate,
Hearts that beat with love,
Our souls will soon escape,
From the dark hole inside of us,
Hold pride high,
Don't feel scared,
Let the love that's inside of us be released and be shared,

Soon we will care,
For those who are in need,
Soon we will end the suffering; and let that greed be freed,
A tear drops for them,
As they cry for us,
rain is what they want,
WE GET SO MUCH

My Coffin Is My Comfort

When day becomes night its time to feed to survive, Feeding on our cattle that you would call life. They say there is a battle but we live in the dark, We're imagination in your minds while your food in ours.

We don't play by the rules, we do anything we want to do, Our species is a greater being and were coming for you.

Afraid of light, At night afraid of nothing, The moon is our sun there is nothing to stop it

The blood is sweeter
each time I have a taste,
your screams are sugar
that coat my food as I sink in my teeth,
You run with fear
this I like,
I smell your sweet scent
and I hunt for a bite.

Up comes the sun as I lay in my bed,
My coffin is my comfort as I lay there dead

New Day

The clouds are here again,
Deciding when to pour their rain,
They follow me as I walk,
It's been a while since I've seen a sunny day

I don't pray for it to go away,
I'm a man, who knows he's done wrong,
A second chance is all I need,
Then I can change the rhythm of my songs,

In the land above the clouds, Where heaven saves my soul, I find a new sense of style, While my heart is reborn,

Running away from my nightmares, I am a new person, Only go if you know, You can change the person within you.

New Home

Travelling around!
From east to west
to north to south
Forgotten memories
of forgotten towns
I stop
Settle down
meet new friends
begin a new style

Sitting by the lake,
watching the water ripple
The swans fly by
as the ducks begin to paddle
I sit by the side
of my new friends,
They laugh with me and joke with me.
I'll love them to the very end.

Nightsky

Red colours and orange mixed, A hint of yellow, The sunset begins,

Slowly it falls into the horizon,
The colours fading,
The moon is rising,
The stars are shining,
The clouds are blackening,
planets spinning and comets colliding.

A black sky, while the moon shines, Hounds howl, while rabbits cry, Owls fly while mice hide, Toads leap in the night sky,

The nights ends as quick as we sleep,
The colours come back,
We awake from our dreams,
The sun rises high in the sky,
Lighting the way,
Until we once again say goodnight!

Pick A Flower For Me

A petal for hate, A petal for love, My petals are at war, with my inner Dove.

I think to myself,
With my childish thoughts,
The reality I know,
Is at war with love.

Remember The Last Days

Rememeber the last days of my life, When everything was dark; And nothing was nice,

The sun seemed dim, As did the sky, The breeze did sting; As it blew on by,

My eyes do close, While I'm resting my head My body feels cold; But I'm warm in bed,

Breakfast taste's groce, But I eat it all down, I got to get the post; But I fall to the ground

I lay there alone
In pain I am
The depression of the world
has put me down

It kills me inside
I find it hard to breathe
As I contemplate suicide

Saint Georges Day

He's remembered for his heroic ways,
He's celebrated because he's brave,
He slayed that dragon,
The meaning of his name changed,
He taught Britain love,
With the princess he saved,
Don't forget to celebrate saint Georges day!

She's Here

Shes here..... with me theres time..... to see that what we believe can be true, is there any more beauty than what I have is there any more love I can give to you,

Is this love as perfect as it seems if not, please, do not awake me while I sleep

She here with me!

Start A Task

Innocence is guilt as a future is built,
The age of my level is skimmed with tilt,
Ballooned in my devil, its smooth as silk,
Remooned as a rebel, im surviving on milk.

Being the last, Remembered in the past, Need to start a task, To grab without ask.

Up and away Rhythm wants to shout, Im letting it out, Right out loud.

Time can only tell where my life will ever go,
Please believe me when I say I want to see it for myself,
Mistakes that Ive made should really be forgiven,
But how can I forgive and forget when my emotions are forbidden.

Step Dad

The step-dad I have never gets angry or mad, the step-dad I have, always asks how I am.

The step-dad I have is smart and funny, the step-dad I have Is always good company

The step-dad I have is always understanding, The step-dad I have is there when I need him.

The step dad I have has had it tough, the step dad I have, gives me his love.

The step dad I have, is mine to keep, the step dad I have, is the dad that I need.

(Dedicated to my step dad)

Suicide

Hang me from my sins, Drown me in my guilt, Swimming in a pool of blood, From this pain I have built.

I'm caught in a trap,
A trap I cannot escape,
Its time for me to give up,
And give in to my pain.

I try to hide away,
I live alone at night,
I never want to be afraid,
of this world of life.

There eyes look at me, They hate me so much, No matter how hard I try, I'll always give up.

The Creature

The creature hides in the night,
It stays away from the light,
There's a fear full when the creature comes into sight,
Eyes so white they are glazed with might.

Darkness falls in the misty halls,
The ground beneath creaks as he lurks the walls,
Dropping fur behind with the smell of death and blood,
Heaving because it does not come across as good.

Paws so strong and a grip that holds, Turning you slow as his presence unfolds.

Teeth razor sharp followed by a terrible breath Wishing for images of life, However there's all but red that's left,

No way to fight as the creature has size, Eating out of hunger as its prey dies,

Moving through the trees,
Animals sense the creature,
The beast knows what it believes
It is the main attraction of a freak show feature

The Teacher, The Student, And At Home

Why do I get up early out of bed,
To go to a place that i hate to be at

Ha ha my child you will see, the reason to get up, Is so I can teach.

Why do you teach all you do is moan? About my behaviour I do nothing wrong?

I would never shout, if you were good, Don't tell me lies, you always talk!

Why do I do homework, I don't agree doing homework isn't a treat?

Don't make excuses, it has to be done, its the law, says the government!

Why do I have detention are you crazy, look at my face I've had plenty.

one minute your worried now your tough, no wander you have it its your own damn fault OH MY GOD! what are you starting, are you being funny, or do you want to fight me.

silly boy, dont jump to conclusions your talking stupid now, come to your senses

Now im stupid thanks a bunch no wander i hate, this -- school,

watch your language, theres no need, use your respect, with it treat me

I'll say what I want,
you cant stop me,
I know you cant stop me,
the government also rules the freedom of speech

I think you forget, how much power I have, I can exclude you, any time I want.

Go ahead, do your worse, I dont care, i want you to

Im at home im so bored should've said im sorry i want to go to school

The Video Game

The bullets soar from the gun, I dip and dodge Each one hits the wall, I dive a lot I'm cornered between trouble As the walls turn to rubble I pull out my pistol And get it cocked, I stare blankly at the inscription This is your life, It says a lot for four words I don't wanna die, I find a spare grenade And throw it over the table, The explosion rumbles While bodies are disabled I feel it through the floor, It's time to move 11 bullets left A knife unused, 6 people standing I dive and shoot, A hit between the eyes 5 left in the room, I throw the knife out of my hand, One tries to run, It lands in his back, Bull's-eye I shout And give a quick dance with my bum, I move in closer I trip on a body I land in his blood I get up in a hurry, With red covered clothes And blobs on my face I scream in anger And keep shooting straight One goes down, then another I dive on the one behind me and blood splatters, Now there is 1,
All the bullets miss
I aim well,
I turn his life into shit
I send him to hell,
Surrounded by dead bodies,
With blood on the floor, walls and ceiling
My computer screen no longer seems appealing

Waste

What a waste it is, for these emotions to exsist, All the same, since they all turn to shit, we all follow a dark road, don't lie and say you don't, darkness is the end, there's always a way to end a show,

we lie, we cheat, we steal, we love, we cry, we feel, we need a helping hand to help us when were down, we need someone who sees the world for real.

Wayne And Gary

I wake up in the morning, last nights tears have dried, because i thought of you my loves, it upset me so i cried, I thought again of my loves and then reality came, I've been away for too long and today is just the same, my body may be here but my heart is miles away, I love you my darlings more than words can say.

love dad

(written by my Dad)

Words Getting Through

Is it so difficult to say wot you need to, when they dont listen, how do I get my words through, I have to use wisdom and do it different than you,

where does the system end, share and give dont pretend, challenge the siv and only send, good thoughts that are sent to mend,

holding me back on the same old shelf, Is the darkness of my mental health, Im searching for help, while others are searching for wealth,