

*How I
Begin Again*





How do I begin.

Want to be free.

Want to smile with actual happiness.

But I'm about to fall over the edge again.





Been falling. Under and under.

Not water but being.

Slowly drowning, pulling me under.

Taking my breath.



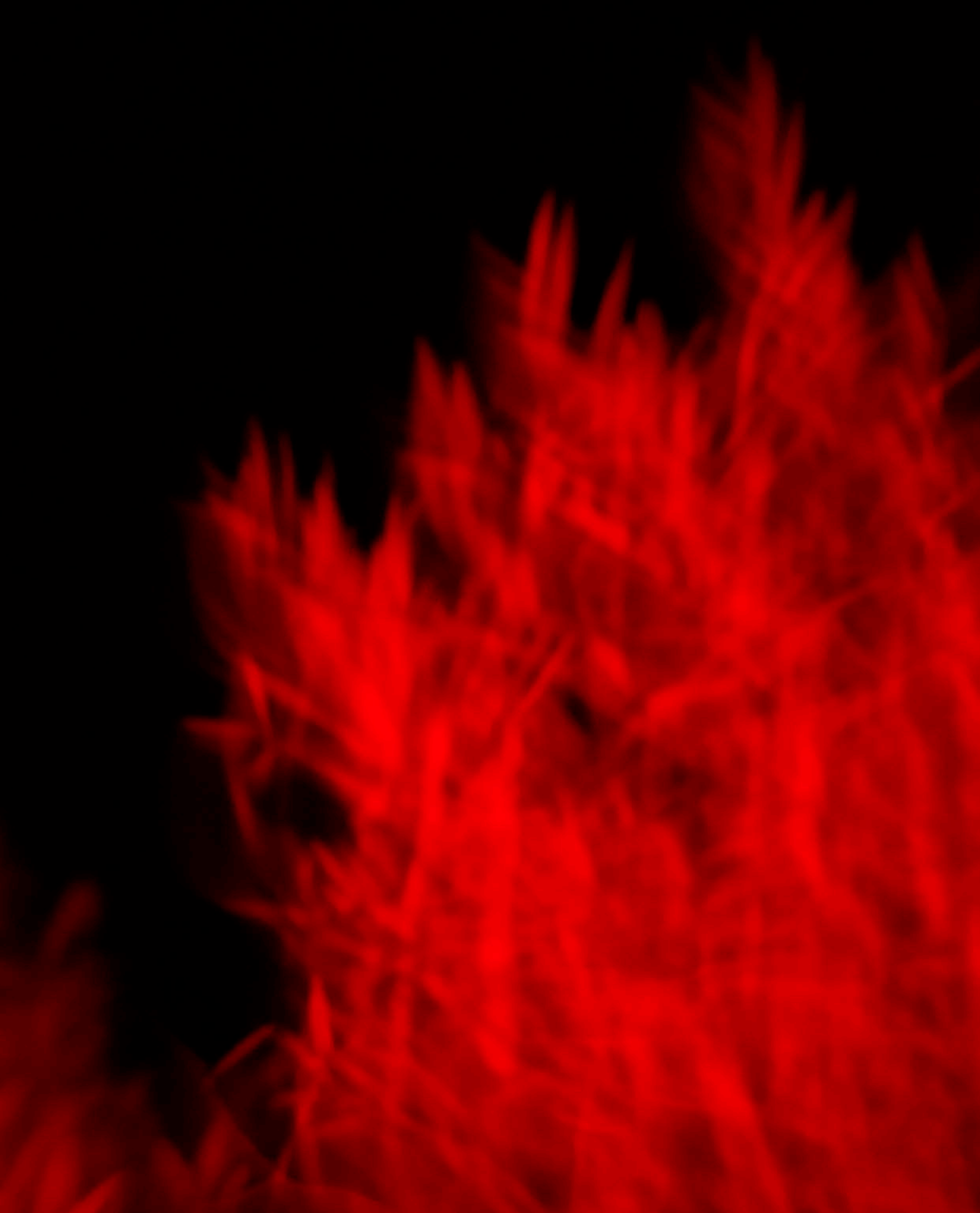
Stopped believing that anything
could get better.

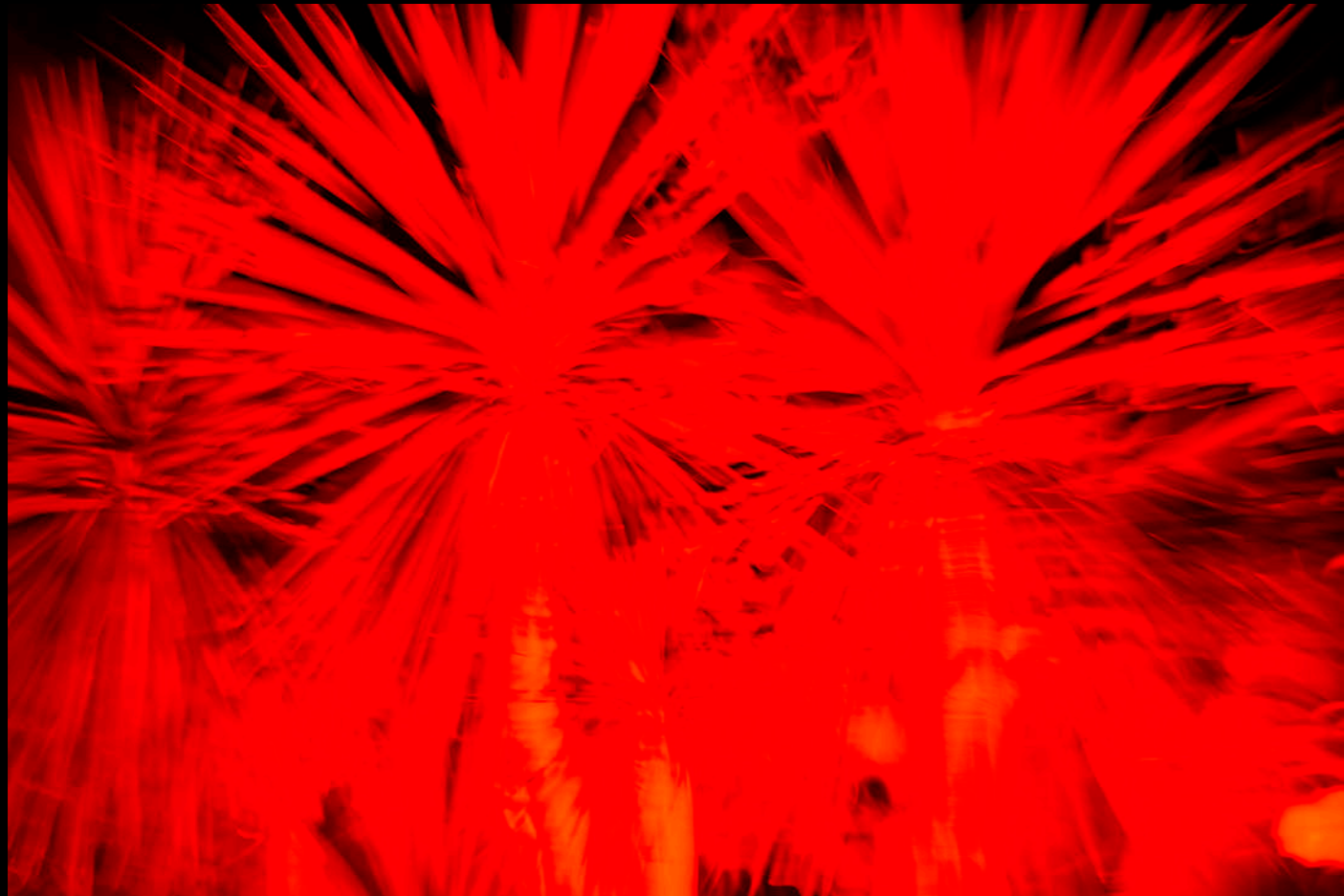
Can't see a future.



I have nothing.

That's the part that hurts.





All I could feel was my life crumbling in my fingertips.

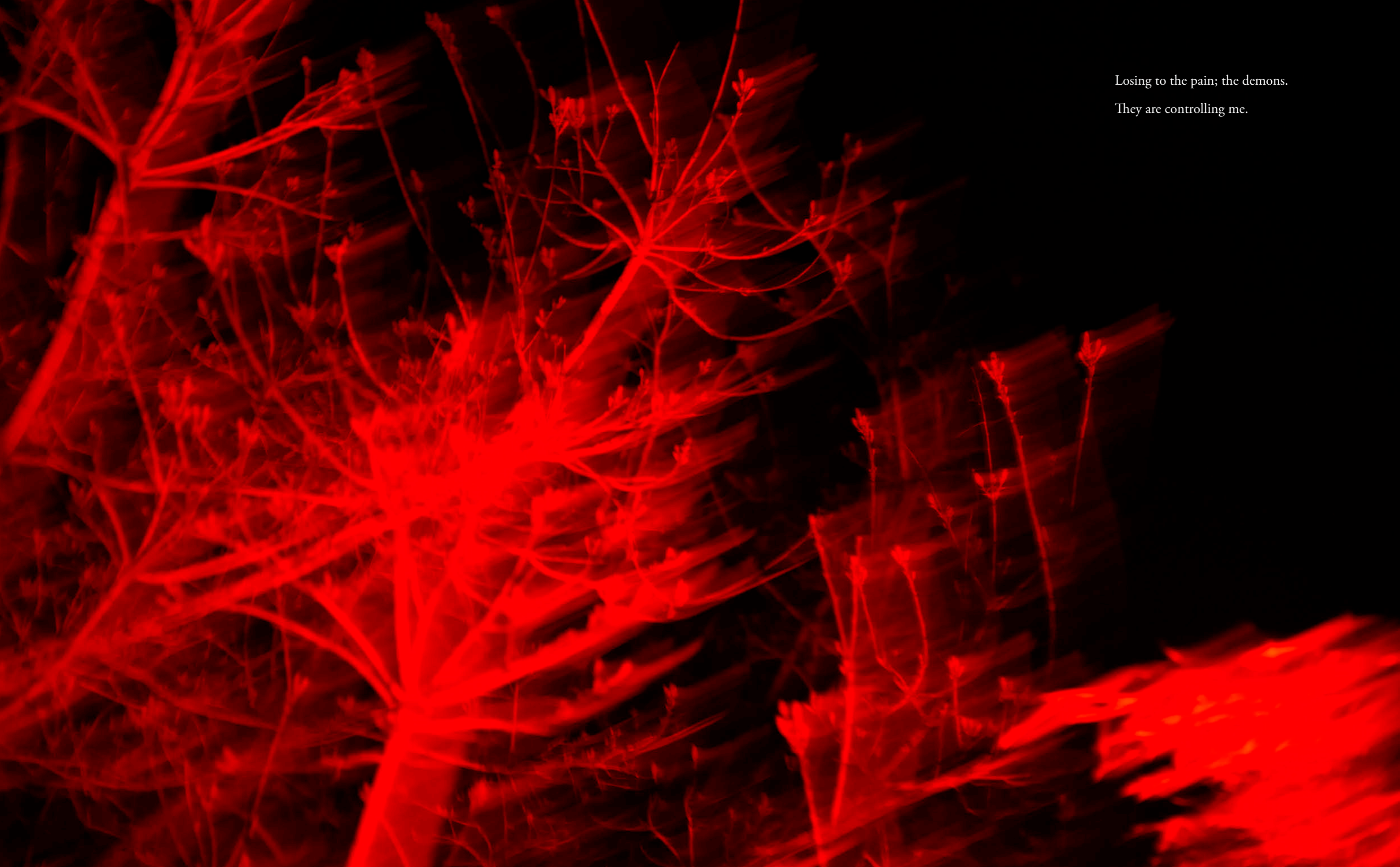


All this pain
and numbness
and suffocation
needs to disappear.

It hides in the deepest darkest
parts of you.







Losing to the pain; the demons.

They are controlling me.

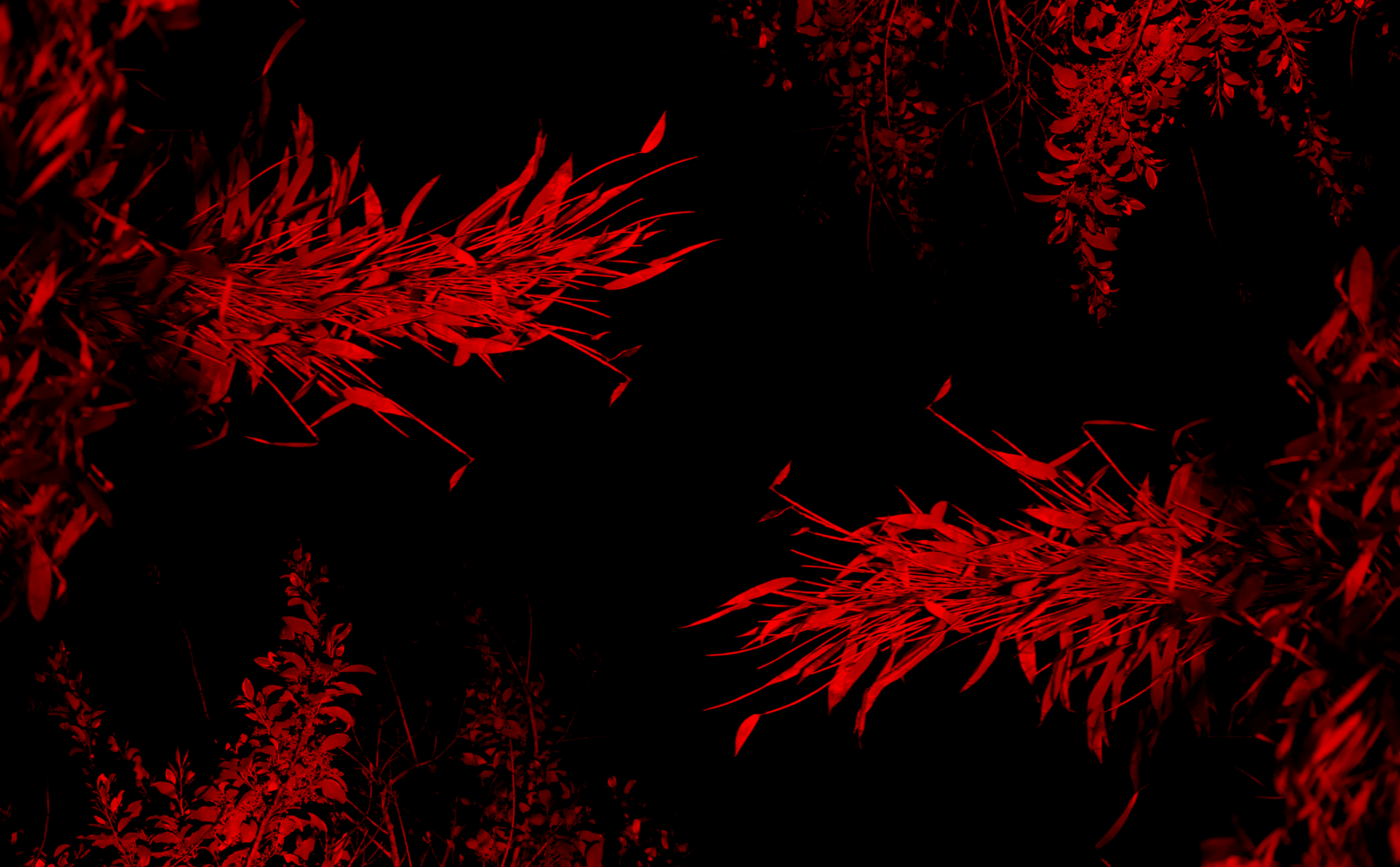














It all got a bit too much;
everything seems to be a bit too real.





Doing everything possible to distract.

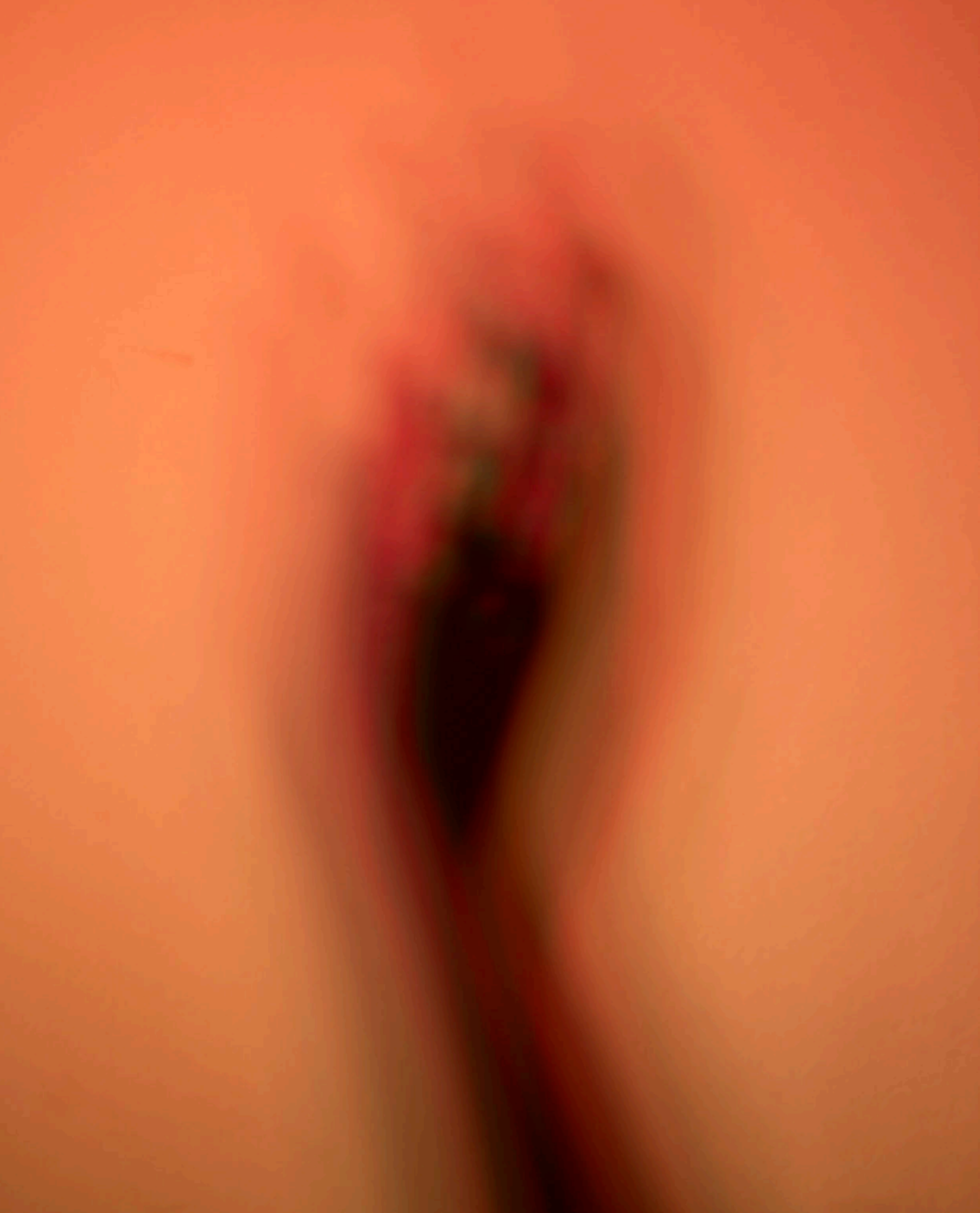




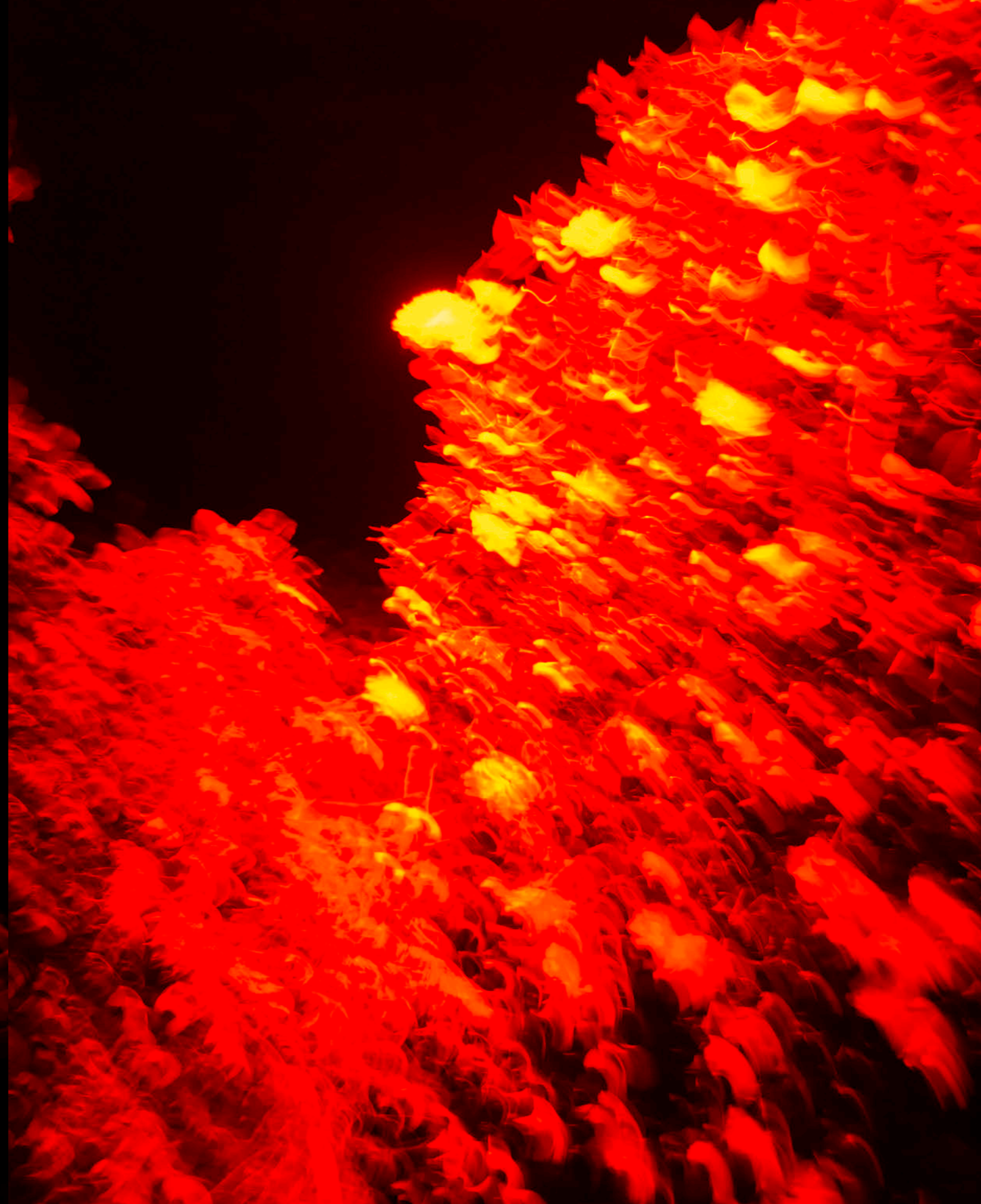
Don't know what to do anymore.

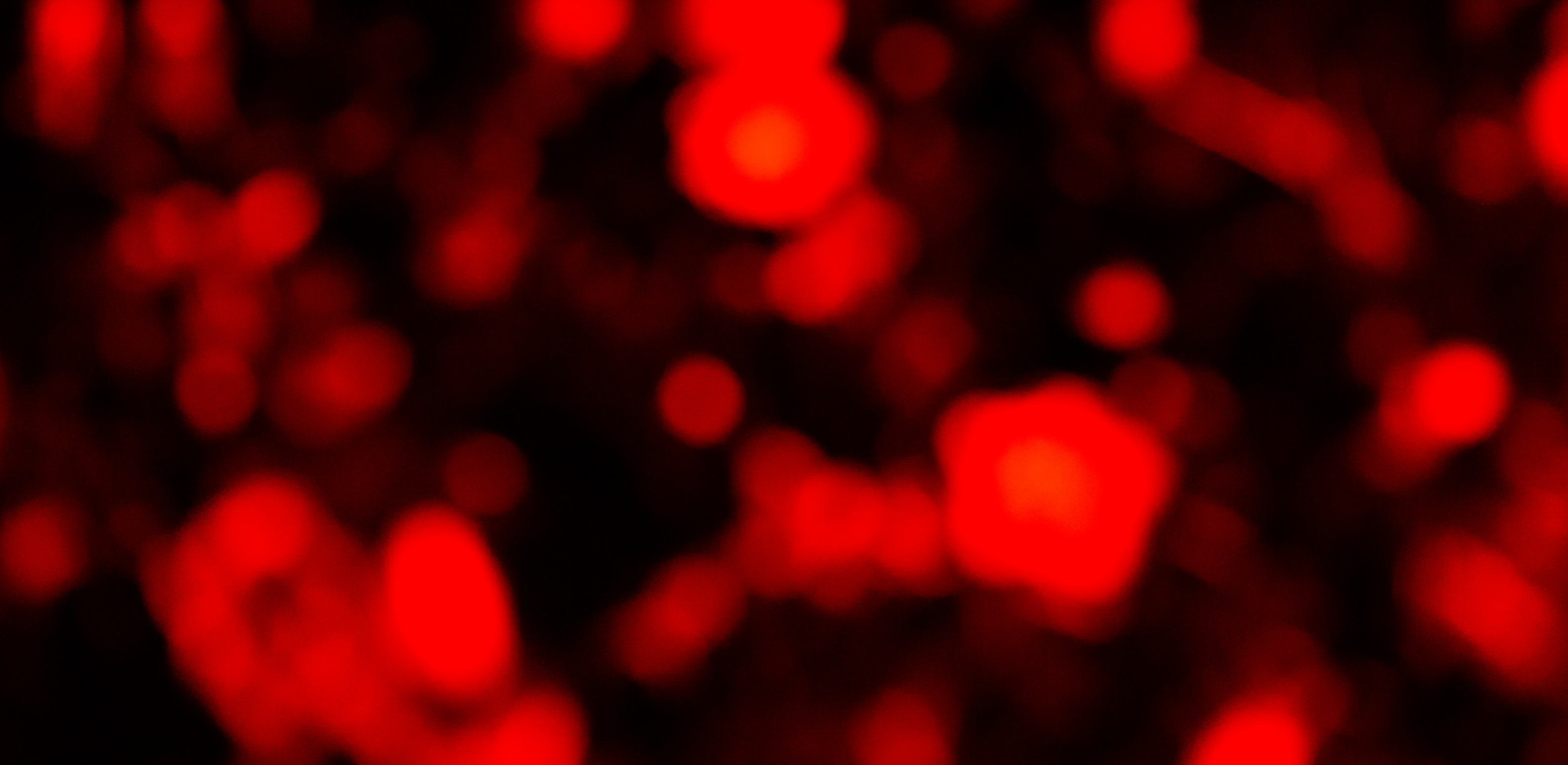
Putting on this smile
to keep everyone out.





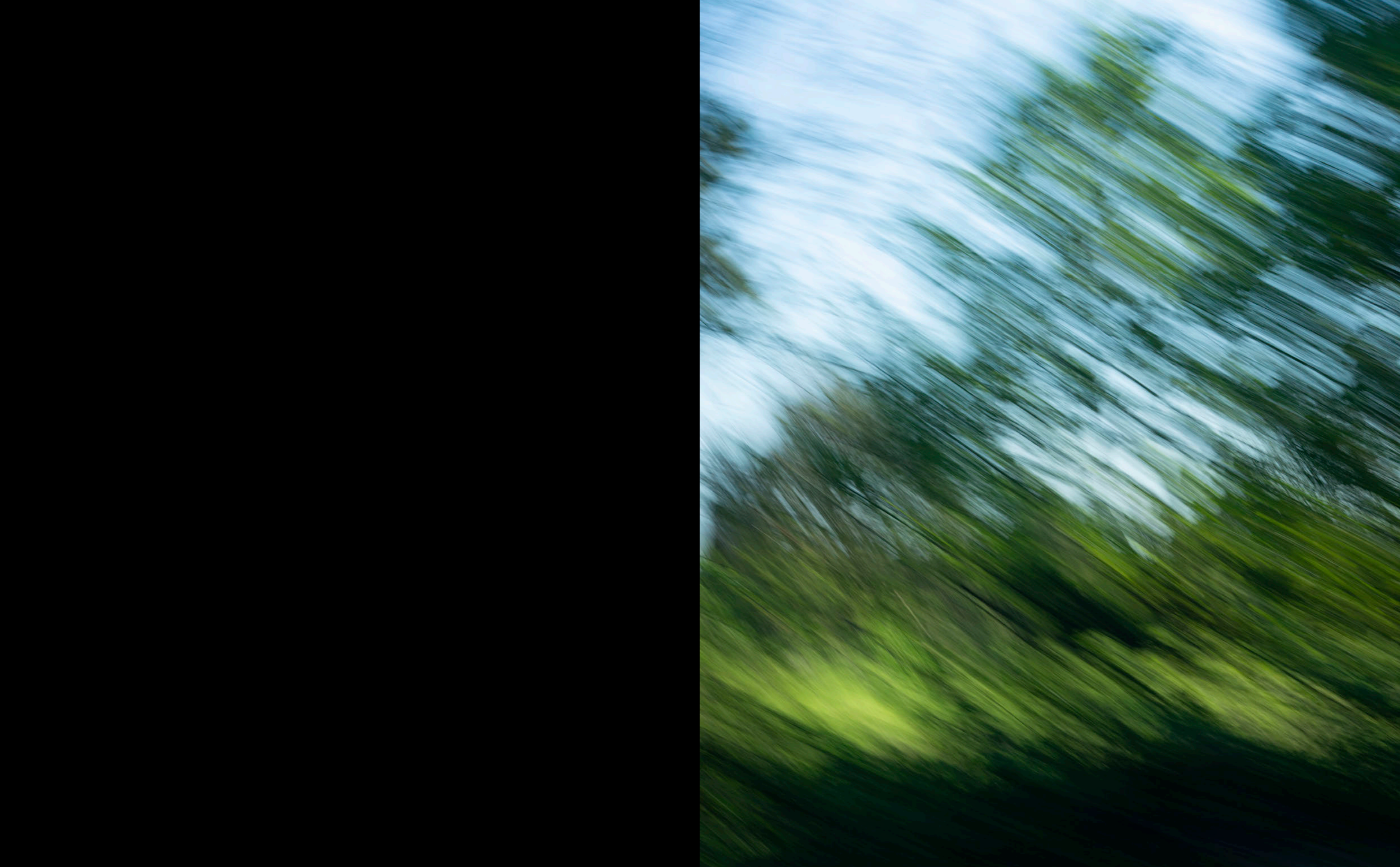
Won't blame it on the easiest
thing. I blame the way I let
myself fall into darkness.






The world turned into a blur, all the sounds. The taste. The smell.

Everything was gone.





*Like a theft of the spirit,
an injury of the soul
that no one can see.*





Hours passed with the light dancing round me and my soul breathing in all the peace.







The glow of the moon lighting up the sky
like it's showing the path to follow.







This is how I begin again.

