

## 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”,*