

The Darkness Inside

Once again it has me in its grip.
My heart and mind begin to rip.

The darkness comes, over it takes.
Coils through my mind like a nest of snakes.

Powerless I feel to banish them away.
No relief from the blackness will I find this day.

Down and down further into the darkness I sink.
Hatred of myself is all I can think.

Loathing and disgust, is all I can feel.
Overwhelmed by this darkness, I silently kneel.

The shouts and screams bounce around in my head.
The only relief that I can see is when I am dead.

The grip it has is a tight one at best.
I long for peace and I long for rest.

A time in the light is what I seek
Not feeling helpless, useless, disgusting and weak.

The strength to battle again, I fear has gone.
Is this the time the darkness has won?

I fear that I will stay here and get even sicker,
But out of the darkness a tiny little flicker.

A spark of light, a hand reaching to me,
A voice that whispers, 'I can help you to be free'.

A fellow human with kindness, compassion and care,
Is it safe? Do I trust them? Do I dare?

With my last strength I take the leap of faith.
For more darkness and disappointment my body does brace.

But this time I am proved wrong, the darkness I fear
Is slowly dissipating, it is starting to clear.

Kindness and love was what I needed you see,
What about you, could you reach out and help someone like me?