



Finding Balance

It must have been such a horrific
childhood
To be ignored and misunderstood
To live in anger, being slayed,
Knowing only heartache and harsh tortured
pain
Being mocked for others amusement
Just a part of their daily adult game

Doing each other's head in, apportioning
blame
Never realising that is totally insane
Day in, day out, it never stops
Just keeps on turning like the hands of the
clock
Oh let it stop, please let it stop
Let me get off the starting blocks

To find that balance within my soul

So your imagination takes you to far off
lands
Where you can build castles in the sand
A fortress to keep you safe from harm
Learning how to turn on charm
Just so you can try fit in
And hide from others the shame within

Yet the shame and guilt you carried
belongs to them
It's not yours to fester inside your den
Not yours to kill the love held within your
soul
For you are an infinite light being and
whole
So no matter how they try to dampen your
spark
You know unconditional love truly lies within
your own heart

You find your meaning
You find your true path
Never letting others hold you back
Finding balance from your spirit within
Never more calling others anything
No names, no blame, only goodness you
bring

Taking the reins of your own sovereignty
You bring in the light and make your heart
sing
Sing with gladness
Sing with joy
Singing with the innocence of a young
happy boy

Grateful and happy as night time now falls
You lay and rest your mind and all
Trusting your soul for it knows best
Gently resting safe and warm
Feeling protected, held and calm
Waking anew along with the dawn

As you now awake happy and free
Living your life in great ecstasy
Finding balance within your soul
Knowing you can now achieve those goals
Those goals of innocence, laughter and joy
Fun, happy times you dreamt of as a boy

Up you get, go live those dreams!

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