

This Mind of Mine

In this mind of mine
I remain eternally in pain
Institutionalized by a mind I have grown to hate

I can see her staring dreaming I crack
I can feel her eyes when I turn my back
See calmly I'm designed to define my mental state

She looks at me like I am her and she is I
My vision remains sickened and caged
I never look directly at my reflection she scares the hell out of me

This silly bitch keep expressing thoughts that have me stressing
Sending me into a depression wandering how to cope
Invading my mind losing hope
Now honestly, how long will crazy remain in my thoughts
before visions of slitting her fuckin throat
leak out

This mind of mine is pleasure-seeking pain
That intends to remain
Until the death of me.

Obsession

My obsession is depression
It has a helluva hold on me
It's like I'm it and it's every part of me

I can't bury myself in the comfort of my own thoughts
I can't hide in the shadows of my soul
I can't see unless it's directing me
I can only feel how it wants me to be

I wonder if
I creatively smile in happiness will it still be able to cope
Then I remember, like a drug
I'm addicted to it being my only hope

I am solely guided by its guidance visualized through dark light
Daytime is only a dream
Its presence commands my sight

I'm floating down a stream of pure bliss holding to my insanity log
Afraid of letting go
This obsession with depression makes me want to drown in the only sea I know
The miracles of medicine tried to cure my brain
Created a pill to balance out the pain
Believed this monster of emotions can psychologically be tanned
Not knowing this depression is my obsession
I'm the clinical definition of insane.

Mindfully Alone

The reality of my awakened mind is that I am alone
I am alone in my own mind
There is a world around me but my lonely, aching, crushed mind only see me
Disgusted, unwanted, invisible me

I am horribly alive in the vision of others
Selfishly awaiting my death
To truly be released from the consumption of lonely, alone emotions

I have spoken my emotions to those willing to listen
I have been medicated
I am the emotional wreck that will at some point destroy harmful positive life

My heart remains in a state of emptiness
Nothing but the pain seems real
This is my life in the eyes of a mind that has confined my thoughts
Weakened my spirits and painfully caress my soul

I absorb all the horrible feelings and neatly tuck them into my emotionally unstable mind
I get a moment of clarity and then back to the destructive reality of my life

I can no longer allow my heartbeat
Cut my throat, slit my wrist, stand motionless in the street
Lonely, alone mind slowly withering away
Soul pleading to be filled with bullets
Crying in agony as long as the awakened state of my mind has control of me.

