

LOST AT SEA

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Deep blue waves of thought wash over my brain,
About the brainwashed cities that we're all a part of,
The up and down motions are too much,
It's too many thoughts,
I'm lost at sea
The deep blue waves are merciless to the human brain.

Waves are the deepest when they peak,
And when it does it washes right over you and steals your happiness.
It leaves you,
Blue,
and cold and numb.

Blue and cold and numb,
The numb turns into pain,
You can't feel anything and you cannot see anything for what it is,
You are alone,
You can't do anything and you are numb,
You are your own problem,
You are the cause,
You are the root of everyone's problems and you can't get help,
You are alone.

Now you are no longer you,
Not while you're submerged under these waves of blue.

But when you finally resurface,
there's that glimmer of hope that you grasp for,
that you need to stay afloat.
It's your life raft.
Without that shining warm light you see hidden amongst the cold blue waves
you'll sink again,
You'll be numb again,
Back at the start.