

There is a Light & There is a Door.

Have you ever felt so empty?
That you've forgotten how to breathe?
So weak without resolve,
That you just buckle to your knees?

That even when you're outside,
There just isn't enough air.
Of all emotions rushing by,
All you hand grasps is despair?

Have you ever felt so desperate?
Like your whole worlds caving in?
So no matter how you push and strive,
It appears you'll never win.

When the odds seem stacked against you,
And it seems there's nowhere left to go?
When you're surrounded all by people,
And yet feel increasingly alone.

Have you ever felt so hopeless?
And that this world has no value left?
Whereby, fighting to hold on,
Just leaves you bankrupt and bereft.

Well I'm here to **try** and tell you,
That there are many know this feeling well.
And – I acknowledge this admission,
Won't serve to calm or ease your hell.

But what I wish you to believe is,
That it can't last for evermore.
Although now, feeling never-ending,
There's a light and there's a door.

Yes, the door is hard to open,
And you can't do it by yourself.
It's heavy, rusted, barred and bolted,
So you're going to need some help.

Now help is an endless resource,
If, knowing how and where to look.
I know you're broken and exhausted,
So this will take one lasting push.

But, in persevering you'll have made,
The first step – from darkness into light.
Yes, it may appear so grey for now,
The change won't happen overnight.

But with help, support and love,
I promise the smog can begin to clear.
And with time, and more time yet again,
The light will start to near.

The door may open slowly,
Don't force it – or you might get hurt.
Gentle, little movements,
Conserve strength, rather than exert.

The helping hands will push,
With you, to ease and support the strain.
Now – the door **may** swing back sometimes –
Don't give up, start over again.

With help and time and input,
The door **can** allow you to pass through.
Where things seem a little brighter,
The air less dense – more fresh and new.

You can look back and remember,
When you thought, you'd never make it there.
And know now – how very far you've come,
That broken parts can be repaired.

So – If you are, or ever find yourself,
Lost and feeling in this way.
Remember there's a light, there's a door,
And they will not be **too** far away.