

Violet Smith

You choose

A safe place is wherever you want it to be
It won't always be a pretty old bench under a tree, by a river in a park and all of that stuff
It won't be a bedroom all cosy and bright
With a door you can lock to keep everything out that doesn't feel right
But you will find one
You choose

Break through the rubble and rocks others placed in your mind
It's about your world, your place, your time
That's what matters to you and me
Your own safe place can set you free
Giving you space to see who you really want to be

In a city where people are busy with everyday lives
And you're invisible most of the time,
You can't see into their broken minds but everyone hurts just like you
Life isn't easy
That's not hard to work out, but no one can see the thoughts and emotions swirling round in your mind
Only you know they're there
But never let life pass you by and deny who you are and what you could be
You choose

Maybe not everyday
Just living your life gets in the way
And it's no lie
You might bleed as you struggle to calm your mind
So take help when it's offered
And rebuild your strength
Remember, the world can be kind

First impressions aren't the best when you land in a new place
You need to breathe, slow down and set the pace
See how things tick, adjust your clock uncover the local rhythm and rhyme
No place is perfect, there's no sudden sign
Directing you through the dirt, and the grime

And if your only safe place is deep in your heart and inside your head, nobody will mind
Just give yourself time
Let your safe place keep you in line
And as long as you heal you'll be fine

Help yourself and set yourself free
Live your life and help others to just to be
Be themselves
Love themselves
Open up hearts
The city of peace is a good place to start
It's seen it all
Don't build a wall you can't climb

You might stay
You might go
Right now you don't really know
But your safe place can be anywhere
You choose

Violet Anne Smith October 2018