

Trauma Vs Peace & Love By Sandeep Virdi

I want peace, I need peace, I am dying for some peace- I said I must have the peace

My heart is sinking, feeling lost with non-stop thinking- I think my lungs are shrinking

Feeling hollow inside, don't want anyone to guide- don't want to tell how much I cried

Empty eyes, tired body, no words- only a fake smile

Lips are sealed but mind is on fire- well that's my new style

Every day is a struggle-to keep myself busy

Do things for myself, love myself, go to parties, read Facebook quotes -it's not that easy

Eating cakes, non-stop snaking, watching movies- to distract the pain

I have tried everything- but there is no gain

Some say sit in the silence, go swimming or yoga-or simply laugh more

Omg I am sick of listening to these tips and positive words- **No More**

I said I want peace, I am striving for peace- I need peace

The noise in my head chasing me everywhere- even on the beach

Finally no more running away from this mental noise- I am accepting it completely

Healing is happening gradually, no more desperation for peace -I am hoping to live each day peacefully

Mental noise comes and goes, just like a wave in the ocean-I am no longer trapped in those emotions

My faith & trust is building up slowly - now everything look so beautiful and holy

We all can feel free and happy- when we understand what made us feel so crappy

Peace, peace, peace - Finally I know how to get some peace of mind

I feel the whole world around me so helpful and kind

I don't have to love myself- I love myself and have no one to curse

I don't need to rely on hope and faith anymore- I have total trust in the universe