

The road to healing

By Kelly Brennan

The road to healing is long but worth every step
Despite dark days and endless nights there isn't one that I regret
I've learned that not every day needs to be filled with unending smiles
And happiness heaped onto you in massive piles
It's ok to have days where you simply lay in bed, counting your breaths till nightfall
And it's not a sign of weakness to pick up the phone and true friends you call
A blessing it is to know individuals such as these
Strong and loving people who set your mind at ease
They pull me to earth when my head is in the sky
And raise me from the depths when all I want to do is hide
They have saved me from myself more than once you see
And in a heartbeat I'd do for them all they have done for me
They've helped me embrace my darkness and pain and then let it go
One of the hardest and bravest things I have ever known
Healing is tedious, but so worth the time
When I slip down that mountain, they help me just get back up and climb
Though I have come so far, my journey is not yet complete
But because of them I'm no longer afraid to walk the path from scorched earth to fields of wheat
Because when I get there such pride will I feel
Knowing I made it, knowing its finally real
So I'm keeping them with me on this journey and am thankful that I have this chance
Because my life truly is beautiful, but speeds by at a glance
So I will breathe deep and with them enjoy the ride
I will get through with my friends by my side