Taken from the notes on my phone (I wrote this song on this day):

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Am I lost if being lost is where I learn to find myself?

Packed my bags and fled the town, left my pride up on the shelf.

Daddy told me dream of things, impossible as they might seem?

bought a one way ticket cause the destination don’t matter to me.

Now I’m on a red eye flight, my dreams became reality

Since we were young we were told advice

told to be smart and be nice, and not have any vices

I saw my spirit and my soul from drugs out in the woods

did what I was told to not, and should turned into could

its been four years since I belonged, now I don’t have a home.

I’d like to think my home is where I grow and where I roam.

Still there’s thoughts and sadness, in these fleeting memories

I turned the volume up, medication in a melody

medication in a melody

they told me put the pills away, I’m not who I was

I told them that there is no they, I’m all that I’ve got

See I tend to isolate, when I’m feeling lost

And I found that losing faith came without a cost

Faith in spirits faith in gods to help me when I’m scared

Scared of darkness scared of light, god’s visually impaired

When I look into my reflection in the mirror?

Some days I see a loving face and others a blank stare

If I knew how to contain the happiness I feel today

bottle it up in a mason jar so it won’t go away

I could pull it off the shelf when I’m feeling down and low

But instead I reach into the bottle for a puff and blow

I find these medications to constrain my mind to something fake

Great big smiles across my face, artificially supplied grace

but if I can fight this addiction, pick up my old shattered mirror

Drugs and pills and smoke and tears it all just led me here

Medication in a melody

I always ask for a window seat when I fly alone.

I need the time to look out of the window as I go back home.

Looking out at something so big makes me feel so small.

Makes me wonder if my leaving even meant at all.

If I was to tell myself advice from being twenty two,

there’s a lot of hardships, loss, and sadness just to name a few

People will control you, will deceive you if you let them in

guard your heart and put your chin up, loneliness will sometimes win

But if you choose to spin that sadness, maybe you might try to see

beauty in the madness, it’s your unchosen reality

Fight the disposition to go numb and take the loss

If you just keep pushing forward, happiness is worth the cost

I don’t have the answers right now, I doubt I ever will

Sometimes I wish I could just end the battle up this giant hill

As I learn more I become aware of life and triviality

The one thing that just keeps me sane is soulful melody

Medication in a melody

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