

## Longing

Be Well

There is an echo that is building in my head  
Feeding back in time are words that were never meant to rhyme  
And I've seen the evidence  
The canvas drips with loneliness  
It's haunting, but it draws me in

I long for light to fill my heart  
I am desperate but feel  
Like if I can survive tonight then I'll learn to start  
To want to live and heal

Pick me up, pull me in  
I just want to feel again

It's a chemical imbalance, yes I know  
It doesn't make it hurt less though, it's paradoxical  
(With each breath I feel more alone)

I long for light to fill my heart  
I am desperate but feel  
Like if I can survive tonight then I'll learn to start  
To want to live and heal

To want to live and heal

Can I begin again  
I've wanted to believe in a different end  
But there are days when I can't even find the strength to get up  
So can I begin again  
I've felt like this ever since I was a kid  
Trust me I know that it is all in my head, but it still feels fucked  
(All these thoughts I can't make sense of)  
Can I begin again  
I wish I had your confidence  
But there are days when I can't even find the strength to get up  
To get up