

Relief

Trauma

When a dream pulls a dark curtain over me
When the misery of a day
Disappears somewhere in the darkness
Tired thoughts wonder off
They leave to rest in a garden that exists
Somewhere in the night
There's no need to be afraid
In the thick fog of nightmares
Sank all the fear and terror
Reality sank so stop
Your search for you
Shall find nothing

Stars scattered all over the sky and the moon
That shines somewhere in the purple night
Guard the peace among my thoughts

They are my blissful dream
They are my velvet dream
From the sough of the wind and clouds
From the scent of grass and grain
From the scent of the herbs

When tired eyelids fall on my eyes
Like stones from the mountains
When the body is still
With all the nerves from my head
To my toes, I rise disabled
Free as a bird, I guide towards
The moon and the stars, towards
The calm night that silently
And warmly cuddles me

So I could sleep, so I could sleep