

# Time to fly

I put a lot of thought,  
into what I'd like to say,  
and though I'm 43,  
my life begins today.

You see I had so many secrets,  
I didn't want to feel,  
and the way I saw myself  
to me was very real.

I always blamed myself,  
even as a kid,  
and never understood  
why they did the things they did.

All I ever wanted  
was to cover up the pain,  
not knowing in the end  
it would make me feel insane.

I lost my will to live  
and tried to take my life,  
forgot about my daughter,  
forgot about my wife

Some how I made it through  
and was asking my god why,  
I never felt so helpless,  
I really wished I'd die,

And then I checked in here  
seen it's nothing like the rest,  
and so it gave me hope  
and so I gave my best.

This place has changed my life  
now I hold my head up high  
and now I spread my wings  
it's time for me to fly.

-HENRY H.-