

the ONE on the Morning after

by Guru Mani H

It's the morning after the night before
And the ache hits the front of my head
My drink and then drive which I thought I controlled
Has left two paralysed and one dead

It's the morning after the night before
And emotions are still on a high
That I am the one who was chosen for this
Though I'm not really sure as to why

It's the morning after the night before
And I wake in the bed of a stranger
I just can't believe that I took such a risk
As I'm fully aware of the danger

It's the morning after the night before
And I now very deeply regret
The words that I spoke out of tiredness and stress
Which I know they'll find hard to forget

It's the morning after the night before
And the bad news just hits me once more
Why does god allow all this crap to go on
That depresses me right to the core?

It's the morning after the night before
And I still can't believe it's all true

‘Cos things this damn good just don’t happen to me
They usually happen to you

It’s the morning after the night before
And the fight that we had was so bad
I really don’t know will my partner return
After I was so angry and mad

It’s the morning after the night before
When again I was beat by my fears
I know if I don’t take some action to change
I’ll be stuck in this lifestyle for years

It’s the morning after the night before
When encounter with God was so real
I never imagined that ever it could
So dramatically change how I feel

It’s the morning after the night before
I’m replaying it all in my head
‘Cos in less than an hour I will see them again
And that thought fills my heart with such dread

It’s the morning after the night before
And I’m feeling so over the moon
I hope that this wasn’t a one-time event
But will happen again very soon

It’s the morning after the night before
And I stay in the bed full of thought
Our friendship has changed as last night we had sex

But I'm really not sure if we ought

It's the morning after the night before
And the smile quickly fades from my face
As I know that my actions to those whom I love
Were a total and utter disgrace

It's the morning after the night before
When I cried and I cried and I cried
And though on the outside all things are the same
My soul is much lighter inside

It's the morning after the night before
And the hours have dragged by so slow
I've been lying awake with one question in mind
'Do I stay here or should I now go?'

It's the morning after the night before
When my effort received its reward
I know I should rest but I'm not sure I will
As I get very easily bored

It's the morning after the night before
'Twas a moment I'll never forget
I'm so glad I stepped out my tight comfort zone
So I won't view my past with regret

It's the morning after the night before
And my dancing thoughts flood back again
These traumatic images simply won't leave
Causing such endless heartache and pain

It's the morning after the night before
And the mountain is not any smaller
But at least now my battery's had time to recharge
Which makes me feel quite a bit taller

It's the morning after the night before
But my body is still 'cos it's dead
And when I look back my conclusion is this
I was just much too easily led

It's the morning after the night before
And the one thing I know for a fact
My life is affected for good or for bad
By the way that I speak and I act