

the ONE for those who've Lost a loved one

by Guru Mani H

The one I loved is here no more
it happened long ago
but even though the years have passed
my mood remains so low

Hurt that goes so deep

The one I loved is here no more
and what I'm going through
I know that you don't understand
so don't say that you do

My heart is torn

The one I loved is here no more
and grief is oh so strong
to tell the truth I just don't know
how ever I'll go on

Loss indescribable

The one I loved is here no more
each day I feel the pain
in sleeping I get some relief
but then it starts again

Darkness covers my every waking moment

The one I loved is here no more
and though I try to cope
the sadness overwhelms my heart
I'm losing all my hope

Pain unbearable

The one I loved is here no more
and part of me died too
I'm living but I'm cold inside
soul-frozen without you

Sadness beyond words

The one I loved is here no more
it leaves me with regret
that hopes and dreams have not worked out
the way we did expect

An eternal emptiness

The one I loved is here no more
at God I shake my fist
I need someone who I can blame
and he's top of my list

Tears are my daily food

The one I loved is here no more
it's left me dead inside
this emptiness it just won't leave
no matter what I've tried

A life changed forever

The one I loved is here no more
they say I'm still in shock
so perhaps someone can help me
these emotions to unlock?

Grief worse than any before

The one I loved is here no more
I never said goodbye
and as I try to make some sense
my biggest thought is 'why'?

An emotional numbness

The one I loved is here no more
there's nothing I can do
except to take one step each day
and try to muddle through

Hope ever fading

The one I loved is here no more
directionless I gaze
the compass to my life now gone
I walk as in a haze

Missing them so much

The one I loved is here no more
it's left an empty hole

I feel there now will always be
an aching in my soul

Here no more