

the ONE where I'm Afraid

by Guru Mani H

Where do I go when I am afraid
after watching the news on TV
it leaves me with such a strong feeling
those bad things will happen to me

Where do I go when I am afraid
'cos I really want no-one to know
I was taught it's a sign of great weakness
to ever let my fear show

Where do I go when I am afraid
and the image just won't leave my head
I quiver with chilled ghostly thoughts
that very soon I will be dead

Where do I go when I am afraid
that my sanity may not return
and my mind will forever be cloudy
causing those that I love much concern

Where do I go when I am afraid
and it clings tight wherever I go
it drains all the energy from me
and leaves my emotions so low

Where do I go when I am afraid
after suffering nightmares in bed

my heart's racing fast and I'm sweating
and filled with a great sense of dread

Where do I go when I am afraid
as darkness surrounds on each side
I just can't escape scary feelings
though so many times I have tried

Where do I go when I am afraid
after news from my doctor is bad
and I know that my life in the future
will change from the one I once had

Where do I go when I am afraid
that all of my cash will run dry
I'll still have a passion for shopping
but no longer the money to buy

Where do I go when I am afraid
that I'll no more be able to cope
as my efforts all turned into nothing
causing me to lose all of my hope

Where do I go when I am afraid
that secrets I hide from my past
will somehow be found out and broadcast
and my good public image won't last

Where do I go when I am afraid
would it help me to call the divine?
if there really is something that's out there

then please come and give me a sign

Where do I go when I am afraid
that none of my dreams will work out
and I'll reach my old age with regret
at what my whole life's been about

Where do I go when I am afraid
of what will be in my tomorrows
it takes all the joy from my present
and leaves my today full of sorrows

Where do I go when I am afraid
and it's turned into phobia strong
stealing the dance from my body
and robbing my soul all its song

Where do I go when I am afraid
and I've talked with my friends and a shrink
but none of those people could help me
re-wire the way that I think

Where do I go when I am afraid
that this season of life will not end
stranding me in this hell hole forever
and driving me right 'round the bend

Where do I go when I am afraid
as abuse has affected #metoo
but I'm too sacred to name them in public
for what they in private might do

Where do I go when I am afraid
has no answer that I have yet found
so instead of a life full of freedom
I'm still in my fears tightly bound