

the ONE for those Trapped in a pit

by Guru Mani H

I'm trapped in a pit
which I've been in for years
and am living each day
with the voice of my fears
I'm scared that I'll never
get out of this whole
eternally stuck
in my torment of soul

I'm trapped in a pit
and each time that I try
to get myself free
I fall down with a cry
I'm exhausted of trying
again to get out
maybe something will change
but I very much doubt

I'm trapped in a pit
but you don't care at all
saying it's my fault
I had this huge fall
and yes I admit
I'm the one who's to blame
but there's no need to shun me
and walk off in shame

I'm trapped in a pit
and I don't have a clue
who is able to help me
this crisis get through
if there's some higher power
who can answer my call
please come lift me out
before further I fall

I'm trapped in a pit
feeling sad and alone
'cos even my friends
can't be bothered to phone
they drop off the planet
and pretend I'm not real
never giving a thought
to the way that I feel

I'm trapped in a pit
and I've space just to think
but it does me no good
in depression I sink
my mind flashes back
to mistakes that I've made
and the hope of forgiveness
starts quickly to fade

I'm trapped in a pit
that I never saw coming
though I'm glad of the rest
as I'm tired of running

and when I get out
which I know that I will
I'll stop for a while
and take time to be still

I'm trapped in a pit
feeling battered and bruised
when I try to make sense
it just leaves me confused
I've got no idea why
so much shit's hit the fan
and my destiny's not
gone the way that I planned

I'm trapped in a pit
that I've been in before
with no way of escape
and no nice magic door
it seems that I'm ever
just circling around
one minute I'm standing
the next on the ground

I'm trapped in a pit
but a mask I am wearing
my outside is calm
but my inside is swearing
no-one else is invited
to see all of my crap
so I'll smile and pretend
'til I get out this trap

I'm trapped in a pit
and I'm gasping for breath
my body and spirit
are so close to death
I've nothing left in me
to fight any more
I'm wounded and weary
each part of me sore

I'm trapped in a pit
but I've managed to hide
as there's no-one I trust in
enough to confide
my mood is so low
that I've reached out in prayer
though have no concrete proof
there is anyone there

I'm trapped in a pit
and all my life's gains
have just disappeared
so that nothing remains
what once was important
now seems very hollow
which to tell you the truth
is a hard pill to swallow

I'm trapped in a pit
and my friends stand and stare
but they stay at a distance
like they simply don't care

when the roles were reversed
and they needed my love
I jumped down to help them
not smiled from above

I'm trapped in a pit
for the whole world to see
and make all their judgments
on how things should be
I wish that my fame
would just vanish in air
as it's totally fake
with no genuine care

I'm trapped in a pit
and I've been here too long
I'm an innocent man
who has done nothing wrong
it feels grossly unfair
that who suffers is me
when those that are guilty
are still running free

I'm trapped in a pit
having lost all that's dear
the emptiness haunts me
and stays ever near
my mind has no daytime
it's always the night
and my echoing question
"will there ever be light?"

I'm trapped in a pit
and there's not a way out
I've been screaming for help
but there's no-one about
or maybe there is
but they cover their ears
not wanting to help
so controlled by their fears

I'm trapped in a pit
after just getting free
and for falling again
I blame no-one but me
the hatred I have
for myself is so strong
'cos I'm always repeating
this cycle of wrong

I'm trapped in a pit
and the cry of my heart
is that I would be rescued
and given new start
but saviours' it seems
are not easy to find
and while life marches on
I'm just left here behind

I'm trapped in a pit
and now here is my dare
please climb down to my mess
and show that you care

don't just stand with the crowd
keeping so far away
but sit alongside me
committing to stay