

## Peace & Pain

Every time I laugh for real, and feel excited, and happy  
I remember it's always going to go away  
I remember that I am always going to go back  
To the little girl crying her whole heart out in her bedroom  
Done with life

I can't sit there anymore and zone out, and stop living

And I try, and try, and try

But sometimes I don't want to be strong...I just want to be okay

And it will be okay  
Be strong  
So the pain can't control you anymore

Only light can get rid of darkness  
Light starts with a deed  
That spreads, and spreads, and spreads

Grow

Oh the stillness of the night...  
No more tears.

Kiana N