

The Gift of Addiction

There is no greater teacher,
On the art of letting go,
Than the lessons that addiction,
Will break your heart to know.

Deep beneath that master,
Is a pain for us to feel,
An aching from the past,
And a wound for us to heal.

But if we find the courage,
To feel the hurt that's here,
We can wash away the pain,
With every single tear.

And soon those broken habits,
Will gently fall away,
So we can rise each morning,
To dance with each new day.

No longer we are chained,
By a desperate need to scream,
We can let ourselves be free,
To live and love and dream

By Martin Lowndes