

PERSEUS & ULYSSES

RUMINATING

Been dragging up the past as usual
No getting over it for me
The same old scenes are playing over over over and again

Hindsight working it out differently
And now it's got a hold on me
Wishing that I had a time machine restoring memories

Dig deeper and deeper
Dark clouds covering me
Thoughts pulling me under
Inevitably

Still overthinking it as usual
A mind that never lets me be
The same old scenes are playing over over over and again

PART 1

Well it feels awful at the time
But the next day I'll be fine
After hearing, her name yeah

Yeah it took me by surprise
Hit me right between the eyes
She still moves me, the same yeah

That dancing was the best I'd ever seen
Flowing, graceful, moving like a dream

And it kills me coz I see
That she's way too good for me
Now I'm losing, the game yeah

Hey lae, lae lae lae lae lae lae lae lae lae
Oooh, she's got me
She's way too good for me

Then she calls me up one time
Maybe finally she'll be mine
Like the perfect refrain, yeah

All she wanted was the name
Of that really awesome game
From the party, we played, yeah

We talked some more, I wondered what it meant
I rate my chances at zero percent

I've considered this at length
Can I muster up the strength
Just to ask for one date, yeah

Spinning around and around in my brain
She's constantly present, I'm going insane
She's all that I want, I can hardly contain
She'll never want me and I can't stand the pain

LASTING LIGHT

You knew
All of this time
You carried on as if
Things were all fine
Maybe that was your way to
Hide from the rain
Beautiful moments
Conceal the pain

Didn't hear your pain
'Coz your smile drowned it out
And I want you to know
You to know

Now I know
What's in your heart
Standing beside you we're
Never apart
You need to know that you aren't
In this alone
You are my safe space
I am your home

Didn't hear your pain
'Coz your smile drowned it out
And I want you to know
You to know
With the time that's left
As long as I draw breath
Your light is here to glow
Here to glow

And as this final day
Draws into night
You'll always be a lasting light
A lasting light

4AM

A thought growing in the darkness
Deep sleep transforms
Rest turns restless
Went to bed feeling all right
Sinking down slow
Break my night

This feels vast
Heart beats fast
Can't escape, no

So, take me away from what my thoughts say
I can't explain why I am awake
Can't I just escape from this nightly abyss
How much more of me can 4AM take

Cornered by my subconscious
Too fast to see
Thoughts I can't trust
Outside the world is quiet
My mind is loud
Can't reset

This feels vast
Heart beats fast
Can't escape, no
So, take me away from what my thoughts say
I can't explain why I am awake
Can't I just escape from this nightly abyss
How much more of me can 4AM take

Please won't you take me away to a new day
All my problems seem bigger at night
I need to be objective, get perspective
Get through 4AM and into the light
Into the light

Shallow sleep in the way
Can it stop? Hard to say
Something real is amiss
Falling down an abyss

Slow the noise
'Till it gives
Breathe in deep
Choose to live

OUT TO SEA

Not seen this before
My jaw breaks before it hits the floor
And I know you didn't mean it
But it hurts all the more

Then you stare in return
And your eyes they start to burn
And you know I didn't mean it
But you needed a turn

Rolling skies
And whitest lies
With no goodbyes
Just yet

The thoughts in my head
Won't allow me to go to bed
But at least I'm not alone now
We're together and alone instead

Here remain
Through summer rain
The deepest pain
Forget

Hold me tight
As we rewrite the pages of
A book reset

Take me out to sea
I don't want myself to be
Because this it is my moment
And it's you who is the quay

PEOPLE

It's amazing what people can do
It's horrendous what people can do

CRASH BANG

The way my brain works and the way your brain works
Is a mystery we are uncovering
Take my hand but only if you want and look into my eyes
And it's fine if you don't

I see it everywhere
Nobody fits a mould
We'll never do what we're told

Crash bang emotionally
So many things to feel
So many things to be
Our neurodiversity
Autism for you
ADHD for me

Such a buzz to get to know myself and understand you more
As well as everyone else
Pinch me now coz I am loving life connecting everywhere
I'm floating on cloud nine

I see it everywhere
Nobody fits a mould
We'll never do what we're told

Crash bang intellectually
So many things to learn
So many things to see
Respectfully disagree
Occasionally we'll fight
Then you'll come round for tea

Crash bang emotionally
So many things to feel
So many things to be
Our neurodiversity
Autism for you
ADHD for me
ADHD has always been there for me

SAVING GRACE

All of the pieces on your lips
Where is the mystery of it?
Save every one to do your bit
They don't deserve your pity
Hold back the tide of this harsh wit

You make the peace through your sweet song
And walk the path that takes too long
But why does this strip everything from me
You do

Make all your delicate gems shine
Pour me another glass of wine
Face your responsibility
So spineless and so petty
Why won't you come right back at me?

You make the peace through your sweet song
And walk the path that takes too long
But why does this strip everything from me
You do

It'll be okay, it'll be okay, it'll be okay
Oh, it's all okay, it'll be okay, It'll be okay
It'll be okay, it'll be okay, it'll be okay
Oh, it'll be okay, it's all okay

This your saving grace
Give back the seeds
Part with me
And wipe your memories

AFTER YOU LEFT

It's been such a long while
And you're not coming home anymore
I tried my best to smile
But I forgot and stared at the floor

You said you'd save me the trouble
But I couldn't find my way to keep on
Before our life together was full
But it's empty now you're gone

I can feel the end slowly
Peaceful thoughts take my mind
Like I can smell new air fresh and free
Makes me happy to leave this part behind

I see a growing light ahead
And in the brightness there you stand
You always were my guide
And now I understand

Back to the universe
Together again
Combining our stardust
It's time to begin again

TIDAL WAVE

Swept away
By a greater force of nature
To be anchored down
By a chain made out of paper

Light gets dim
Like the colours are all bleeding
Watch it drain the shore
Now the waters are receding

The horizon slowly ascends
Sky grows dark until it all ends

Breaking out of the ground
Seabed towers high up overhead
To submit and be drowned
Or to fight back and survive instead

Bring the tidal wave
Risen from the deep the ocean gave
Bring the tidal wave
Nothing left behind for time to save

LITTLE LIFE

Little life
My precious love
Laid to sleep
Below foxgloves

You were the one who kept on giving when he'd left
Carried on although we knew you were bereft
Seeing you so lost destroyed us in return
No way to talk it out, no way to show concern

Memories
Escape no more
Little life
You leave me sore