



Inner Fixed

[Litmus A Freeman](#)

What shall I do today? I wonder as I lay...
The sun is up outside but here inside I hide

Options cloud my mind, a clear one I can't find
How did I get here? The future so unclear

That way of life is gone, but for it I still long
They've taken it away, with rules they say, we must obey
No freedom there to stay, so trapped I feel this way

The options still I feel, but none of them appeal
I've done them all before, and now it's just the law

I'm mourning for the loss. Each morning's coin I toss
Still yawning from the night of sleepless dark to light

My stomach churns again. Get up? I wonder when
Just want to sleep some more, and not to feel unsure

I need to eat I guess. Maybe that will ease my stress
And I need my waste away, but still in bed I lay

I miss my lovely lads, and empathise all dads
My patience being tried. Take deep breath inside

Not sure where I belong. No urge to sing my song
No need for what I do. My voice is torn in two

Afflicted by this curse. Not sure when I've felt worse
But of that I have no doubt. Guess I've just blocked it out

So long it seemed so good, in busyness I stood
And positive I was, and I know it was because
Freedom then I felt. In freedom then I dwelt



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Now I'm stuck in one place, with fears that I must face
And mountains yet to climb. Punished for a crime?
The crime of saying "NO! I won't go with your flow!"

There's no escape it seems. You may live out your dreams
But eventually you fall, and the nightmares come to call

Negative in thought, more pain to you is brought
Just got to see it through, and to your beliefs be true
And then to rise anew, a stronger, wiser you
On a beach to stroll. No illusions of control

Find a way to see, my soul is where I'm free
I'm not my 'self' or 'mind'. The real 'me' I must find
But the 'real' must be refined, if it, can be, defined