

I moved- and the world moved with me
The utter bliss of expressing a feel, a need, a thought
I moved- and there was peace as far as I could see
A therapy so strong it overwhelmed the most terrible of wars

I moved- and the music moved through me
Meeting and clashing against each other
Creating a force bursting out of my self
I moved- and was completely free
I could stir the oceans and take flight in air,
Be one with the ground, a magic flare

I moved- and now I can't
Trapped in a prison my own size
It punishes and it traumatizes
I moved- and now I long
My heart weeping fiercely as the anger explodes
Waves of emotion tearing down hope