

Music Therapy Group - Heaven and Hell

by D, S, P and Y. Facilitated by Music Therapist Catrin Pears-Banton

Nowhere to run to, Nowhere to hide

Just got to get this Doc on my side

Torture and frustration, desperation

To get off this medication

CHORUS:

Trust things will change, A return to life

Working and travel, away from the strife

Having optimism is a way out of this prison

An aim, a goal, It's giving me soul

I was depressed, felt so repressed

Desperation to sort this medication

Seeing friends, this isn't the end

Can this kind of happiness mend?

CHORUS

Being where you want to be,

Good health, loving family

Staying positive, don't hurry

Have a joke, live life, don't worry

LAST CHORUS:

Having optimism is a way out of this prison

An aim, a goal, It's giving me soul

Having purpose, not looking back

Going to heaven, I'm back on track