

# DANCES WITH DEMONS

## Part One

### Demons

So this is my monster  
I cannot pretend  
This is my demon  
My nemesis friend  
How am I meant to cope with you inside my head?  
How can I sleep at night with two of us in bed?  
Stealing my appetite, Stealing my sleep

Stuck in an endless dream  
I scream and shout  
Put your hands inside and...  
Try to pull me out  
Where is the future if you can't stand who you are?  
Where is the safety net to catch this falling star?  
Drop!

Look at me laughing  
Look at me smile  
See how brave I can be  
But just for a while  
There's a crushing feeling, deep within my soul  
A black sun burns my skin while demons take control  
Stealing my appetite, Stealing my sleep

All you preachers, you just have no idea  
How to shed this skin of doubt and hate and fear?  
How to mend a broken soul or fan a fading flame  
How to throw a lifeline to a child who's lost his way  
Feel it  
Breath it  
Eat it

So this is my monster  
He lives within my mind  
He dances with demons  
'Til we all become entwined  
How am I meant to live a life so unfulfilled?  
Why can no one see I'm not crazy, I'm just ill?

### Therapy

Dry your eyes and blow your nose  
Help yourself to a tissue  
Never mind that you were once abused  
And all your family issues

Here's a leaflet from the National Health  
I think it makes things clear  
Take the tablets and the CBT  
And I'll see you again in a year - goodbye.

You're just a burden on society  
You need to get a life  
Get a grip on your sobriety  
Maybe get yourself a wife

Here's a leaflet from the National Health  
I think it makes things clear  
Take the tablets and the CBT  
And I'll see you again in a year - goodbye.

Have a comfy seat right here next to me  
I know your life is at stake  
Tell me all of your anxieties  
And I will try to stay awake

Here's a message from the National Health  
We don't want you here  
You're a burden on the nation's wealth  
You're trouble, You're trouble, you're trouble, you're trouble

And here's a letter for your own GP  
Just keep on taking the pills  
Put your trust in your family  
Thank you - and here's my bill

### Who Shall I Be?

Spinning around with my life on the ground, it's insane  
Two sights of life in my eyes that I cannot explain  
Two sights of life, which way to go?  
Spiralling down, no one will know

Keeping my head by just staying in bed, it's a shame  
Dreaming of times in my life when I wasn't to blame  
Two ways to cry, nowhere to go  
Sleeping wide-eyed, no one will know

Two sights of life, which way to go?  
Spiralling down, no one will know  
Two ways to cry, nowhere to go  
Sleeping wide-eyed, no one will know

Who shall I be, what is happening to me?  
I'm enslaved  
Who shall I be, what is happening to me?  
I'm in pain

Who shall I be?  
Who shall I be?  
Who shall I be?  
Who shall I be?

Spiralling down  
Nobody cares  
Who shall I be?

Who shall I be?  
Who shall I be?  
Who shall I be?  
Who shall I be?

### Running Man

Every night out on the street I feel them looking at me  
I run for cover, hide my eyes so that I can be free  
Every night you'll find me running from them - I hide the best I can  
Hold back the forces that pursue me, catch me if you can  
Coz I'm the running man

They've had some people on my tail and they've been seen around town  
I feel them laughing in dark corners and they're putting me down  
With the hour glass not turning for me, I get lost in its sands  
Hold back the hours and the moments, catch me if you can  
Coz I'm the running man

I feel the urge to get away, but I am being held down  
I need to break these bonds that hold me then I'll make up some ground  
My best disguise is doing nothing for me, they still know who I am  
Black the window, bar the doors, catch me if you can  
Coz I'm the running man

Trapped within the boundaries of the corners of my mind  
I can see this isn't me  
Too late to start to cry  
I wonder why, I wonder why

Confidence is ripped and torn, the conflict in my head  
I can see this isn't me  
Too late to start to cry  
I wonder why, I wonder why

Trapped behind unseeing eyes, I try to leave this room  
With this bubble burst, my mind is cursed  
I must return real soon

You drag me out, I scream and shout - you say it's for the best  
I hate it so - please don't let go  
I cannot make this quest

And it makes me cry, I don't know why that you pursue this course  
Let me alone, don't even phone  
Leave me with no remorse

### Twist the Knife

I feel like an alien  
Crashed and put on show  
I feel something leading me  
Where I don't want to go  
A million miles away  
Travelling through space  
A ship without a rudder  
Lost without a trace  
And now my Spirit's broken  
You trespass in my life  
And as my world falls down  
I feel you twist, twist, twist the knife

There's nothing under me  
Whenever I look down  
Don't know if I'll stay afloat  
Maybe I'll just drown  
Running rings around your planet  
Like some little shepherd moon  
Is my fortune running late  
Or did I peak too soon?  
And now my Spirit's broken  
You trespass in my life  
And as my world falls down  
I feel you twist, twist, twist the knife

Now I feel like a stranger  
A stranger in my life  
Who points with a mocking finger  
Then rolls the loaded dice  
Pull the rug from under me  
Push me to the wall  
Trip me when I'm running  
Kick me when I fall  
And now my Spirit's broken  
You trespass in my life  
And as my world falls down  
I feel you twist, twist, twist the knife

### Tomorrow's Girl

Walking down life's boulevard and it can make you cry  
You stop and wonder what went wrong and never knowing why  
But I can see life in your eyes, see it in your smile  
I can see your shining face, please stop and talk a while

Walking down life's rocky road, stumbling all the way  
Not taking time to see what's there or the price that you must pay  
But I can see life in your eyes and see where I belong  
But I can see you don't want me - how did I get it wrong?

Tomorrow's girl has gone  
She upped, left me alone  
Tomorrow's girl can see  
She made a fool of me

Stopping on life's golden path and sit down for a time  
Sit and ponder what went wrong when you were on cloud nine  
And then you stole life from my eyes and the drive from in my soul  
You took the time to break me down - was that your only goal?

Tomorrow's girl has gone  
She upped, left me alone  
Tomorrow's girl can see  
She made a fool of me

### Hopes and Fears

And when the night comes, you see so clearly  
Choose the right path and the road will lead you home  
I know - 'cause I've been there so many times,  
I hope they just leave me alone

And, when your time comes, who'll be there to see?  
If everybody loves you, it's a lonely place to be  
I know - 'cause I've been there and it ain't funny  
I hope they just leave you alone

So when the curtain falls and the colours fade to grey  
Sign your name upon the wall and then just walk away  
I know - 'cause I've been there and it ain't pretty  
I hope they just leave me alone

# DANCES WITH DEMONS

## Part Two



This is where you  
all join in

### Moments

I hear the whispers of the wind  
I hear the voices, the harmonies and sighing  
I feel the cold against my skin  
I feel the empty space where all my hopes are dying  
It's just a moment, a heartfelt moment  
It's just a moment

I see the night time turn to day  
I should be sleeping, but I hear my heart beating  
What is the wind trying to say?  
Come away with me, come away with me  
It's just a moment, a heartfelt moment  
It's just a moment

### Looking Up Into Hell

I'm the only one to add the fire to your soul  
I can provide the spark that you seek  
I will be your only friend and I'll never leave your side  
I'll be your only friend when you're weak

And as you look up into Hell, let my fire dry your tears  
Your tears are the pleasure that I need  
Smiles are my pain and there's warmth in your despair  
Mine's the only word you should heed

I just wanna be me again  
Just wanna be free again  
I just wanna smile again  
Just talk for a while again

I have a magic potion to take  
Just to give my mind a break  
Coz I just wanna smile again  
Be free for a while again

Take your magic potion and leave me if you dare  
There's no one out there for you  
Like the song says, nobody cares  
Take your magic potion if oblivion's what you seek  
I'll be standing by here  
I won't catch you when you're weak

Take these scales from my eyes, take me away  
This potion gives me a disguise and the pain is at bay  
I can see my freedom is at hand  
And at least I'm not at your command

Take these chains from my mind, let me escape  
I need some freedom to decide who cares if I break  
Wrestling with the voices in my head  
Find my way to the path that I once led

Spiralling round, spinning down, that's no longer me  
No more battles with myself like, who shall I be?  
With this potion I can be alone  
Now's the time to walk into the sun

### Walk into the Sun

If you hear me calling, I'm just making sure you're there  
If you hear my crying, there's nothing to see here  
No one said it was easy, I don't know what easy means  
My fortune slipped away through a hole in my best jeans  
And that's real mean

I was never meant to have much, never really meant to thrive  
Only had enough to live on, keep my self alive  
But I turned out better than my Daddy ever thought I would  
Tried to make a difference, do a little good  
Like I knew I should

So, if you're feeling lonely, you're not the only one  
And if you're feeling all cried out and there's nowhere you can run  
Just walk into the sun  
Just walk into the sun  
Walk into the sun.

### Press On (We Love You)

The hardest part of loneliness is when you're not on your own  
People come and people stay, but you still feel alone  
Like a piece of a jigsaw that just can't seem to fit  
The colours match, but not the shapes and you just get sick of it

So you carry on regardless, coz the options they are few  
Make that call or end it all and bid your life adieu?  
Or carry on, yeah carry on - you owe it to your friends  
Just don't become another name on a list that never ends

Press on. We love you  
We all love who you are  
We know your heart is troubled  
We know your body's scared

Press on. We love you  
We all love who you are  
We know your soul is restless  
But you have come so far

So, here's to uncertain futures and mountains yet to climb  
To voices out of harmony and music out of time  
To seeing black instead of colour, night instead of day  
And always getting hurt so bad when you give your heart away

Press on. We love you  
We all love who you are  
Don't ever change or go away  
You're still our brightest star

Press on. We love you

### You Gotta Learn To Help Yourself

**Well, life isn't easy, I think you will agree  
There's always something raining down on me  
It covers up the sunshine  
And chases off the moon  
And messes with my mood eternally**

**Now my daddy wasn't perfect, my mummy wasn't bad  
I guess I had the best I could have had  
But I struggled with my schooling  
And I wound up on the shelf  
They said, you gotta learn to help yourself**

**Now the years went rolling by, I knew something wasn't right  
I couldn't see the wood for all the trees  
Behind my brave facade  
I was permanently scarred  
I was timid, I was frightened, I was teased**

**So they filled me full of meds and they just \*\*\*\*ed me in the head  
I learned how to rely on someone else  
To keep me warm and fed  
And to take away the dread  
Coz you just gotta learn to help yourself**

**They said I was crazy, they said I was mad  
They said I was lazy, they said I was bad  
But I was none of these, I was just down on my knees  
They said I was angry, but really I was sad**

**Now, let me one thing, let me tell you something  
Don't put your faith in keeping up your health  
Cause no one else will help you,  
No one really can  
You've just gotta learn to help yourself  
Yeah, you've just gotta learn to help yourself  
I said you've just gotta learn to help yourself - and that's all.**

### Thank You

It's so good that you're here and thank you for listening to me  
It's so good to confide, step inside, yes, you're so nice to see  
I've been away for so long, chirping this same old song  
So thank God you're still here and thank you for listening to me

It's so good that you're here and thank you for listening to me  
Stories I've told 'til you're out for the count and concede  
And I know that it's wrong, chirping this same old song  
So forgive me my darling for staying up and listening to me

It's so sad that you're gone, but thank you for listening to me  
I didn't mean to ignore, what a bore, but I'm so glad I see  
I talked for so long, chirping that same old song  
Now it all seems so empty, but thank you for listening to me  
Yes it all seems so empty, but thank you for listening to me