

Medical

I've had a lot of issues with my failing health of late
But now I've made it through them and I'm feeling pretty great
My friend says he's never seen me looking quite so well
It's nice of him to say that but I don't know how he'd tell
We hadn't seen each other over many a long year
And now I come to think of it, it's quite odd that he's here
Perhaps I'm only dreaming and it's all just in my head
And I'm still in that ward, still tucked up in that bed

Maybe all their drugs are taking heavy toll
And this is just a wishful dream I'm having after all
But Dennis, my friend, keeps on smiling down at me
As if there is a punchline that I really cannot see
He says that I should follow him and it will all be clear
I guess I might as well 'cos there's no-one else in here
I have to squint my eyes near shut, the light is just so bright
If I woke up back in theatre that would give them all a fright

But, as I stand and look around, there's nothing else to see
Just my bed and Dennis who's now beckoning to me
He heads off and I follow as he seems to know the way
I ask where we are going, but he just smiles and doesn't say
Only that it's near and just a little way ahead
But looking back I realise I can't even see my bed
So I'm left with little choice except to follow on
And dare not fall behind or even Dennis could be gone

And then it's really odd but in the blinking of an eye
We're suddenly in fields beneath a clear and vibrant sky
The air is fresh and all the grass is short and lush and green
I look behind again to find no trace of where we'd been
Just open fields and up ahead a massive old oak tree
It all feels strangely pleasant and familiar to me
Which makes me sure this is all my dream
And I would surely wake again if I let out a scream

But screaming is the last thought building in my head
It's more like curiosity, so I continue on instead
In any case this dream is such a pleasant light relief
From the hospital I'm really in that I hide my disbelief
And follow on obediently until we reach the tree
When Dennis finally turns and then he says to me
"This journey hasn't been so much for something we would find
But more about the distance from the things you leave behind"

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"Has it escaped your noticed that you don't feel any pain
This will be your life from now, you won't go back again
Your body's now done all it could, you're tied to it no longer
Your spirit's free, you're whole again, already getting stronger
We'll rest here for a little while and then I'll lead you home
Back to where you came from and all the folk you've known"
"Don't be daft" I replied "It's my dream we're acting out
And I can go back anytime I choose to if I shout"

"I know it takes adjustment" Dennis softly said
"but your family's adjusting to the fact your body's dead.
Their love and grief has powered all this pure and blinding light
You're blessed for some transition under sky as dark as night
A week has passed for those still back upon that earthly plane
Time flows here somewhat differently and never quite the same
I cannot stop you screaming out of shock and disbelief
But, trust me, that could just prolong your family's pain and grief

Let them all remember you from times when you were well
If you screamed it might get through in ways I really cannot tell
I hope we've travelled far enough so that is not the case
But eternity's the strangest mix of boundless time and space
The living sometimes reach across and think they're only dreaming
You wouldn't want them reaching out to hear your angry screaming
Better that you settle down and take some time to think
Bask in all the love they've sent in light that makes us blink

Take all the time you need to accept that which you know
And once you have adjusted then it will be time to go
There are so many wonders in this re-born spirit life
You'll get to see your children and your ever-loving wife
Watch over them and guide them through all their coming days
But first you'll have to learn again all our spirit ways
With practise and a medium's help you could even send a word
Of proof you're here, encouragement and things you thought absurd

Some even play a trick on them like moving someone's keys
Such little things as this can sometimes help their grieving ease
You live on in their photographs, their hearts and in their genes
In memories of family life and so many happy scenes
Your life on earth is over now but that was time well spent
Accept their loving energy as proof of all you've meant"
It's strange but I was filled with such a sense of peace
That I only wished my loved ones would find their own release