The one who survived a disastrous night
can no long thrive,
for they live in great fright.
Their loved ones who fell
leave no fortune to tell,
they’re in Heaven or Hell;
they’re not here – they are gone.
So the one who survived the disastrous night
feels confused; their head is just not right,
and their once-happy world is now covered in fright,
so they don’t know their right from their wrong.
So the one who survived now feels sad and alone;
they can’t remember where they’ve been or know where to go –
they’re walking a long and meaningless road.
The one who survived feels deeply at fault
of their happiness suddenly coming to a halt,
and they sadly whisk upon the graves
of their loved one’s lives which they could not save.
“What’s the point of trying when I’m depressed?
Life is pointless – I don’t want to live the rest.
Nobody’s here, nobody cares.
It’s just me and this crisp, dark, lonely air.
Why be here and stay like this
when I can go up with the family I miss?”
“Because,” said a voice, cutting through the air,
“there is nothing for you there.
I know that you think your luck is bare,
but there is always love to share.
You’ve been hurt, and that’s not fair…”
out of the bushes stepped the one who cared,
“but there are always good people who care.”
“That is a bunch of lies
Why must you ruin my plans?
Can’t you see that Earth is bland?
I just want to be with my family
Why can’t I live happily?”
“I promise you, I tell no lie.
From this pit you’re in, you can rise.
Just see the world with different eyes,
And you’ll no longer live in fright.
Happiness is always there,
But waves of sadness give it a scare,
so it retreats back to its lair,
which is your heart, so it’s always there.
All you’ve to do is find it now,
and there are many ways how.
Your life doesn’t have to come to an end,
to find happiness, all you need is a friend.”
At this, the sad one seemed shocked and confused.
“No one else cares, so why do you?”
“Because, sad one, in my heart, I believe
that change in this world could start with me.
Without good people, this world would fall,
so I like to help sad people stand tall.
You can do so much, even if you are small,
because caring is the best medicine for us all.”
Then the one who survived discarded their knife,
and realized that maybe there was a point to life.
The sad one now knew what was true, what was right,
and they were no longer sad about that disastrous night.
The one who cared smiled, and then kindly said,
“Sad one, let’s put that name to an end.
Kind person, will you be my friend?”
Then the no-longer sad one said, “Yes, that I would love!”
I will always remember my loved ones above,
but I’m sure they are proud of what we have both done –
And that is the power of kindness and love.”

This is based on the story of my friend, whom I saved,
who is now living happily to see many more days.
So remember, in a situation when you’re unable to cope,
There are people who care, and there’s always hope.
“Without good people, this world would fall,
so I like to help sad people stand tall.
You can do so much, even if you are small,
because caring is the best medicine for us all.”