

## **My Mental Health Journey by NZ**

### **Journey to the light**

#### **As the grass was wet and the clouds weary,**

On a glorious morning of January.

A voice came to me

NZ

Said I am god trust me,

I believed the words

I was taken back with what I heard,

I vowed to follow him till I am dead.

Knowing I will fly up to heaven with the birds.

#### **That said,**

Not long after, I realised

That the light was actually darkness,

That attempts to break my peace and oneness.

It took me places, it tested my hardness.

Started to move with malice.

Trying to destroy a clean canvas.

The church said to me " You are possessed because of your demonic practice"

Now I think about it must have been madness!

#### **Doctor, doctor what is this?**

The doctor said the diagnosis,

This right here is psychosis.

And it got you just like it got Moses.

He said one thing you got to notice,

You are your own light,

Don't ever feel hopeless!

#### **Not gonna lie,**

In the beginning, I was clueless.

But then I started to focus.

Even though I was homeless.

I strived to feel that wholeness.

Since I know the diagnosis and it is psychosis.

This is a battle and I am not taking losses!

#### **I know Jesus died for me on the cross.**

Left earth and rose.

NZ

Now I am born again like a rose.

The doctor said I am my own boss.

And I chose to be alone with my own thoughts.

So I tell psychosis shut up and take a loss!

Poem written by Neguse (NZ) — London

12 February 2021

**But that was just a war waged by me.**

Separating friend from enemy.  
I am breathing a new life you will see.  
I got a different kind of energy.  
Imagining on my head, how it would be to be free.  
Accepting medication is helping me.  
Working out to lose weight I have gained  
Coz I looked like I really aged.  
With all the support I got from friends and family,  
My support worker, doctor, step team was also there for me .

NZ

**So you see, this story isn't a sad story!**

If anything, it is a show of glory.  
Or more like a fairy story.  
First darkness sets then the light shines upon me.  
Two years and a half after it all started.  
I still never bent a knee,  
I am still aiming to be free,  
And I am watching me flourish just like a new tree!  
Now that I found the key,  
And I am in control of what I hear and see,  
I pave a road for the person I am meant to be!

**There you see,**

I'm making an odyssey,  
And I am doing it flawlessly!  
The trick is finding a balance between the bad and good times honestly,  
And maintaining a healthy lifestyle obviously!

**This time,**

I am gonna work and elevate,  
Others experiencing mental health.  
We gonna celebrate.  
Live in the present moment.  
Go on meditate.  
I am planting peace within the minds and hearts of young people.  
I tell you it feels great.

**I am back. I am free. I have opened the gate!**

The powers of the soul, you should never underestimate!  
I am on my way to reaching a higher state!  
Psychosis taught me about my best traits.  
Don't stop for no one. What you want, you can create!  
Life is your oyster and the world is on your plate!  
One thing I will do for sure is write my own fate!

NZ

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