

He Said

By Heather Joanne Nash

One day while feeling I'd lost all hope
I ran into this guy, and man, he was "dope!"
I had been feeling so alone,
Next thing I knew he was taking me home.

I told him I was having trouble to think,
He said, "No worries, let's have a drink!"
I was starting to feel a little ill,
And that's when he handed me several pills.

And then he added, "If you are still not fine,
Let me really blow your mind, and lay you out a
line."
Than I had to have a smoke,
And now I'm thirsty for some coke.

I said, "Man, I feel like I'm going to crack!"
So he said with a smack, "I promise you love, I'll
bring you back."
He said, "Straighten up, you're getting feeble."
Then he made a fist and tossed me a needle.

He said, "Once you feel that in your veins,
You're life will never be the same." And he was
right!
He said, "Don't worry about the shape you're in,
I know this guy named Heroin."

"You can meet hi tonight", he said, "We'll always
have a stash"
But now I'm doing terrible things just to get some
cash
I hid from the cops, I just couldn't stop!
He said, "Come on baby, let's do some living",
But I spent three long years in prison.
And I didn't worry about any boredom
Once I had run in with the warden.

Without a thought, I did what he wanted me to
So unaware of what I was about to do
I mean, why would he lie?
Little did I know he was the devil in disguise!

He said, "Calm down, it will all be OK!"
BUT all my loved ones went away.
He said, "Smile, dry those tears."
BUT I haven't smiled in years.

He told me, "Now you'll never be free
All you need is me!
But somewhere I lost *me*
This can't be my destiny!
He was so cunning and full of charm
Now the doctors say, "We may have to cut off your
arms."

He watches people looking for souls.
Why did I let him have control?
I was so disgusted, I felt used,
But he lied when he said, "You deserved to be
abused."
That was so untrue, something no one should ever
have to go through.

He told me this shit would make me strong,
But he was wrong, dead wrong!
He told me, "I'll keep you up and help you come
down."
But here I lay, six feet under ground.

Beware of this stranger,
He brings nothing but danger.
He has no restrictions.
His name is addiction!

Unlike me, your story isn't over,
You can stop now, and rewrite your end.
Is this how you want it all to end, my friend?

This comes from my heart,
Make today your brand new start.

(Written in the Doctor Everett Chalmers Hospital –
February 7, 2008).

"This poem is to be used to help anyone it can. I
pray it reaches someone's heart, and they don't
have to go as far as I did. I wrote this on my
deathbed, it's a miracle I'm still here today. I can
only keep what I have by helping those who still
suffer. I believe that's why my life was spared."
Heather Nash XO – January 18, 2009.