

Be Here Now

It's half past 12 on a Wednesday night  
My brain is soaking in cold blue light  
I dimly remember the last few hours  
And the many things I've seen and heard  
Above, a nagging dullness towers  
Over thoughts I prefer to leave blurred

I don't know why I feel so dejected  
when nothing seems amiss  
how my existence can leave me so unaffected  
yet seem like a howling abyss

I can't remember the last thought I had  
And the people on the screen keep talking  
I realize I've been watching an ad  
I might normally have been mocking

When I pause the player silence floods the room  
The air reeks of cigarettes and day old gloom  
I sit and try to calm my brain  
to ease the throbbing, lighten the strain

I realize I haven't been giving any part of my life full attention  
I've been sliding and slipping and skidding along with the very best of intention

It's so easy to run from your boredom, your thoughts  
Til your brain is tied into gordian knots  
Going through life neither here nor there  
a minute of silence seems so hard to bear

But I know that I should -

sit with the boredom, the sadness

look deeper within

Touch the nihilist madness that lives under my skin

Its okay - Its just you

All the sweetness, the fear

Get acquainted

You're the only one who'll always be here

We're lucky to have all this amazing tech

but its just a couple cards of a whole life's deck

of things to do, experience, learn

of all the ways that we can burn

Yet here I am, doing none of these things

I'm moping, and streaming, and numbing my brain

I crave the relief that my media brings

it seems near impossible to abstain

And at this point it's gotten hard to tell

Do I truly enjoy the things I see?

Do I still care what I watch, do I do it well?

Or do I just need some noise distracting me

I don't want to spend my life hooked to a screen

But sometimes it seems that's all I will have been

A consumer, just scraping by in life somehow

I need to be more - I want to be here now

And I want the people around me to be here too  
To live bold, intensely, through and through  
All these smart, strong people going  
"I guess I'm just addicted to my phone"  
Fight it! Change it! Do something!  
You can do that all alone.

Let's take control of our existence  
Not just choosing the path of least resistance  
Just because there's an offer we don't have to take it  
If we're unhappy with a habit, we need to go and break it

Let's be bold and open and daring  
critical, alert and caring  
Let's accept all the gifts we've been given  
And be the people this world needs, compassionate, driven

We'll take all the chances our time will allow  
And be here with each other -  
Let's be here now.