

## PTSD

I remember the way the ground sucked my boot in the mud when i walked on it  
I remember the fear in the eyes  
Of the fallen soldiers  
I remember the blaring noise of the bombs  
that took my breath away  
I remember the feeling of being homesick  
And how much I missed my family  
I remember the heat of the fire  
that felt like it was melting my face  
I often see the guns in my sleep at night  
and wake up with tears in my eyes  
for all the innocent people  
that all got left behind  
They ask me what I remember,  
and all I can say is the first of September,  
when I got to go back home to my kids and wife  
They ask me what got left behind  
And all I say is a piece of my mind  
Where the sound of a can opener  
didn't tear through my skull  
and the guns didn't start firing in my mind  
at the isle in a grocery store  
So today I walk through the poppy fields  
to keep my heart at ease  
For the soldiers who fell to their knees  
for the freedom of you and me.