

The Music That Saved Me

As Robert Tew once said “ the struggle you're in today is developing the strength you need for tomorrow”. I used to believe anything was possible, that all my dreams could come true. That was before everything happened. Now nothing will ever be the same. My name is Ash Johnston and I am paralyzed from the waist down.

Before the accident happened I was on my way to becoming a musician. I loved playing. Music was my life. The moment the accident happened i knew my life had changed forever. The accident took everything from me, my ability to walk, my music and most importantly my sister.

I can't help but feel responsible. I was the one that encouraged her to come with me, I was the one in the car with her, I was the one that did this. People try to tell me it wasn't my fault. I wasn't the one that caused the crash. But i still can't help but feel responsible. Ever since that day my family has never looked at me the same, and i know they never will.

When I woke up in the hospital bed i saw the look in my family's eyes. A mixture of sadness, anger, and disappointment. I knew something was wrong before anyone said a word. When they told me my sister was dead i knew I wasn't the only one that felt I was responsible. My family never said anything to me but i could see the disappointment in their eyes.

I remember that day like it was yesterday. We were driving to a friends house. She didn't want to come but i encouraged her. About half way there everything went wrong. I saw the other driver coming towards us, I tried to steer out of the way. I wasn't fast enough. I heard the impact. When I looked over at my sister and saw panic spread across her face. That's all I saw before everything went black.

Words can't describe how i felt when i found out my sister was dead. She was only 15. She was gone and i was never getting her back. I used to turn to music. In a way it was like my therapy. After that day I couldn't write, I couldn't play, and i couldn't sing. It reminded me to much of her. Now i don't play, write or sing. That part of me is gone and I don't think it's ever coming back

Even though I don't do music anymore i still go to therapy. I do not want to be stuck in wheel chair for the rest of my life. At therapy they usually play music. And i'm usually fine with it . But today was different.

When that song came on everything i tried to forget came back. All the memories of my sister and music came back to me. That song was the thing that got me playing music, that was the song I used to listen to with my sister, that was the song we were listening to when she died.

It was that moment i realised i can't go on like this. This is not what me sister would want. She would want me to be happy, have fun, and play music. Music is how we connected. I played for her, I wrote for her, I sang for her. I didn't realise it before but music is how i remember her and I can't let her go.

During therapy i tried to work even harder in hopes that I could one day walk again. I know now that I have to do my best to change so I'm going to try to talk to my family. I can't do this without their support. I need them to help me through this and I know I won't be able to do it alone.

When I got home I told my mom we need to talk. I told her everything, from the day of the accident to the song I heard at therapy. At first she had this weird look on her face but then it softened to a smile. She said she was sorry for the way she acted after the accident. She even said she would help me talk to the rest of the family. Her saying that was the best thing I've heard in awhile.

During the next week my mom helped my put up some pictures of my sister and music posters. She even got me a new guitar. She helped me alot in the past week. It still hurts to talk about my sister.

My mom and I have started sharing more. Now we help each other get through each day.

Now I'm writing a song for my sister. Music is really helping me get through everything. I plan to sing the song I'm writing when I talk to the rest of my family. I can only hope they support and forgive me.

I am going to try to get better and continue my career in music. I will not give up on my dream. I will keep singing and playing music. I know it's what she would want, and I want to make her happy. I will never forget my sister. She was and always will be my greatest inspiration in life.