Let Go

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How hard is the letting go when it's all you know
Shadows under ice
One
Wrong
Step
Cracks become fissures to fall through
Shadow black eyes
No
Sleep
Tonight
Dark steps pacing in the shadowland
Despair a chokehold
Run
Let
Go
```

A Cry in the Night

You cry in the night, happy heart, silently weeping Not knowing when she will try to reclaim you You fight her magnetic siren song Happier without mothers' biting punch

Taking your blood she gives you candy hearts You yearned for her touch once She'd rather drown you then release you Angry claws, you attempt to flee

Crash through the locked inner security door
And once outside you stand dazed by new reality
Yet the call on mothers' lips is hard to resist
You build your forcefield on bruised skin and wounded mind

Sixfold poetry magazine Submission Title: Finding Freedom

Hear Your Soul

What do you hear of peace for your soul?

No judgement given wings to hurt

The warmth of a smile, beckoning

A birds' song of sweet summer kisses

What is the taste of freedom to your soul?

Gentle words spoken of no despair

Quiet comfort covering outer skin

Soft whispers of love finally heard

What is the feel of love to your soul?

Laughter in eyes' soft embrace

Touching skin brushed in a caress

Cocooned in a breath of gentle sighs