

SADNESS

That feeling that lies beneath the skin
Not like a thorn, in that it is a foreign body
But yet because it hurts ones being
Its like a fire that burns within
Yet not because of the light it sheds
But because of the immense heat it emits
Which all but incinerates he who carries sadness

Sadness dwells in the heart, engulfing all happiness
And burying all love
My sadness is born out of my inabilities
My inability to protect those around me
And in deed myself
My lack of control over all that concerns me
My inability to do away with the sadness within hurts

I stay silent for a while to ponder
And realize that probably the greatest of my
challenges
Is doing away with the sadness within
Indeed a great surgical feat
Extracting the sadness from my heart

It can be done, right?

-DGANNZTER
-1984-20??