

Bitter Root

By Una Clarke

Camouflaged by time
Bitter root
Silent walls protecting
Hemorrhaging
In Screaming
Silence

Silent killer
Hardened heart
Festering wounds from times past
Alive but trapped
Encased in invisible
Prison bars
Fuelled by silence
No voice
Solemn vow
Entrenched to protect
Sealed in pain
Torment
Thrown alive on a bed of distress
Not understanding

Handcuffed to the
Predator
Dead or alive
Chained by imprisoning bars of
Silence
Iceberg of
Rage
Hate
Anger
Pain
Betrayal
Hurt
Scarred
Wounded spirit

Unforgiveness
Chained to tormenting spirits
Depression
Oppression
Cancer root

Your path to freedom
A choice
A gift
Your voice
A command
Speak
Truth will set you free

No matter how ugly
How painful
Traumatic
Speak the truth
Tell your story
Not omitting any detail
Mercy has a voice
Release the captive
Break the damn
Forgive

It's a journey
Head to heart
It starts with a decision
An act of your will
Tell your story
Spew out the bile
No longer victim
But free
Give voice to righteous anger
Locked in silence
Killing fields
The choice presented
Chained
Or free
Your choice

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