

Press repress

Lie lie
Lie down and cry
but the world still spins away.
Cry cry
cry till you're dry
Is this the way things will stay?

Tired tired
tired feeling wired
Words just cannot describe it
Wired wired
my life is mired
and my body now just wants to quit.

Break break
break down and make
everything harder, more complex.
Make make
make the mistake
of doing things out of pure reflex

Beat beat
beat of my heart
this feeling..an emotional storm.
Heart heart
don't tear apart
at least till there can be reform.

Poem by Jane Daniel

Sore spot

You say " I hear you" but
you're not listening really
"Oh I do understand"
But you can't..not sincerely.
"I've been there too" is your only reply
Well have you ever caught yourself thinking
I wish I could die

"You've got to ignore it,
oh well never mind"
Like I'm supposed to just sit there
while you be so unkind
"But this is just normal" is what you will say
Have you thought for one second..
I've heard this already...today!

You say" Yes, I see that" yet
you choose to ignore
my pain and my tears
as I walk out the door.
"It will make you stronger" is your answer to me
You think that it's better or easier
to just let me be.

Well let me say "Listen!"
because I want you to know
I'm proud to be black now
wherever I go.
"So have you forgotten?" is what you will ask
as it's so deeply hidden
this hurt that I mask.

poem by Jane Daniel