

UNHEALED WOUNDS

Sonia Weitz

There is unrest in my soul
All a-flutter, deep within,
Thoughts that never cease to howl
In an endless maddening spin.

Is it wrong to be alive?
And with gusto taste the air,
'Pon this sunny earth to thrive?
Why, it couldn't be unfair!

Yet, the feeling of contentment
Somehow isn't there to stay;
Untamed longing and resentment
Always seem to find their way.

Right into my aching heart
That's been shattered, then again
Mended, to become a part
Of a hurt, that will not wane.

There are moments when I'm sorry
That the heavens smile upon
Our world for in its glory
I am saddened and alone.

I feel anger softly creep
Sly and crafty to ensnare
Like a spider that won't sleep
In the web, he came to bear.

There is so much to forget
Roots with ruptured tendons, deep
Ugly scars that ooze regret
And a soul that wants to weep!