

May 21, 2002

I scream in silence

I scream in silence,
do you hear me?
I feel a double betrayal
and it's hurting more than I can ever express
I feel also an enormous anger
moving through my body, time after time

I scream in silence
Let down and
uncared for

I scream because of my despair
Silently, haunting at the moon, do you hear me.....!

I don't no what I can do
and what I want, I'm lost forever

So, I scream it out,
very silent inside

Not only now
all my life, from conception on and before
throughout my genetic chain

Zoë

May 22, 2002

I know what love is

I know what love is
it's like the wind
touching my body, mind and spirit
my body released by the wind, take all the pain in the universe
comforting my thoughts with the words: "everything is all right"
blessing my spirit to be with and in me as I receive it
feeling fulfilled
by beauty and silence

Very quiet, not disturbing this moment of silence
and I stay
longer than that moment
surrounding
in oneness
Fulfilled and touched by the songs of the birds
singing their song to fill my heart
as if it is, they sing their song
just for me

The sky is blue with just a single cloud in a beautiful shape
the sun embraces me
and fills my body and mind with the longing warmth

And I know
it's spring and my spirit is growing
New beginnings, surrounded by nature with love

Zoë