

Let Me Cry

I have just come into the world And I need to cry I need to cry long and loud I need to recover from my journey here Struggles you will never know I need to howl and scream Not for what is ahead Or for what is now But for all that was behind I entered a world full of history Broken hearts, forgotten dreams, Fights, pain, loss and damage Fears and disappointments I can see them in your eyes Behind the love The legacy of misguided actions, Oppression, suppression and war Unhealed and passed on intact From one generation to the next And so on down the line I see it in your eyes And if I am not to have to look away Let me cry for us all Don't try to stop me Like you were stopped With dummies and distractions, Shouts and threats, Shakes and violence Until the fear of your reaction Teaches me to crush myself Into a silent ball of pain This pain will poison my mind Chill my heart Block out the present Make me ill Stop me thinking Make me afraid Of my own feelings Leaving me small and impaled Condemned to eternally search for a Someone Who knows I need to cry If you let me cry, Stay with me and welcome my tears I can dissolve a thousand years of grief Keep ownership of my mind Notice the love still in your eyes The gentleness of your touch Your efforts to remain close Your hope reborn with me I will feel the joy of living In a breathtaking world of beauty Amongst peoples of awesome courage Yearn to live each moment well Holding nothing back And when I become an adult And you yourself are in need I will be able to hold you Whilst you cry Remind you of your goodness Thank you for all you have done Forgive your imperfections Caress your aged body Look deep into your eyes Be still and quiet Beside you and with you For as long as you need me to I will let you cry Micheline Mason April 2007