No Longer Afraid to Speak

**I now know what this is**

**Waking up with a clear conscious is bliss**

**Scanning old memories of failed opportunities**

**Watching the old me hide behind pleasantries**

**No longer am I to afraid to say**

**The truth of all my yesterdays**

**Holding my breath, hoping the words wouldn’t come out**

**Watching myself shrink, wishing I could have said-**

**What was really in my mouth**

**Unpleasant, unkind, uncomfortable dreams**

**Captured the wisdom from each awake**

**Traumatic scene**

**Making the words come from my head,**

**To my throat,**

**To my lips**

**A paralyzing disaster with humiliation written all over it**

**What kind of modern persecution could whip such a fiery spirit?**

**Make a heart shiver and lose its place in just a matter of minutes**

**Regret for losing heart half way is a horrible feeling**

**The punishment is conflict to give the contradiction more meaning**

**A lifetime of searching for this pot of gold**

**Understanding will never break this pattern without breaking the mold**

**Everyone thinks they get how fear works**

**Believing, when it comes “fight it”, so you can say you won**

**We can’t fight unruly fear**

**We may only listen so we can hear**

**“Stand with me so then I may slowly disappear”**

**Communing with this monster under my bed**

**Allows me to now speak even when I am scared**

**Speaking my truth out loud still scares me to death**

**But I’m not going to hide, run or bury my head in the ditch**

**I’ve got a ways to go in feeling comfort in being totally me**

**But I’m only one more sentence away from no longer being afraid to speak**

WONA