COLOURFUL DARKNESS



PAULA PUDDEPHATT

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Poetry by a Survivor

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For Other Survivors

My soul absorbs
the pain of others.
I don't think that I
am the only one.

I feel amazed
by the strength
of others.
I feel inspired
that others survive
and shine,

and face their own
new days.

Inside My Mind

enclosed
inside my mind
a terrified child
still finding her way
still learning
hurting
hoping
seeking release
finding her own ways
to face a new day
to embrace a new day
seeking peace

Dreams and Illusions

coloured lights
swirling
through her mind
tonight
splashes of vibrant
paint upon the night sky
upon a canvas of ebony
a night filled with dreams and illusions
which dissolve into
darkness
pure darkness and delusions
obsessions and confusion
swirling whirling
coloured lights
that dance through her mind
tonight

Carousel

around and around
on the carousel
spinning
around and around
merry-go-round
multi-coloured dreams
vibrant darkness
the colours of confusion
around and around
the endless circles
cycles
horses longing for
the wild
longing to run
far away
leave this fairground ride
of psychedelic craziness
behind
to feel their manes caressing the wind
their spirits embracing the speed
the freedom
around and around
endless cycles
on the carousel of dreams

Pastel Shades

Hope sometimes comes to us
in pastel shades.
It isn't always
either
black or white,
or even grey.
I feel that hope,
when needed most,
will often be
revealed in
pastel shades.