

## **Metamorphosis**

**by Karen Jung**

There are moments and days  
When my Spirit struggles to breathe  
And feels trapped inside this dark hole  
With no tunnel to escape  
And nowhere to scream  
My eyes become blind  
As despair seeps into my brain  
And loneliness captures my heart

...and just when I'm on the brink of crumbling...

I paint rainbow colors  
Across the canvas of my mind's eye  
To cover the hues of black, blue, and gray  
That seep from the depths of my soul  
And spread like ever-growing spiderwebs  
That threaten to imprison my sense of Hope

...and when my rainbow colors start to fade...

I raise my shield of Faith  
And shout words of protest  
To ward off the enemies of my mind  
For they speak partial truths and twisted lies  
That try to poison the sanctity  
Of who I was born to be

...and when my shield starts to shudder...

I enshroud my Spirit  
With a halo of God's Grace  
And dance to the rhythms  
Of the sun and the moon  
For I am like the butterfly  
Who has broken free  
From her coffin-like cocoon  
To bask in the beauty of the Universe  
And soar with the winds of Peace