

**Silence**  
**by Michelle Belfiore**

Down.  
Into the darkness.  
Hands reaching for me  
But no.  
I don't reach back.

Further.  
Into the darkness  
I go.  
It's all I know.

Alone.  
Into the darkness.  
Gasping for air.  
None  
To be found.

Afraid.  
In the darkness.  
Not sure  
When  
If  
Light will be seen  
Again.

Silence.  
Up.  
Into the light.  
Hands reaching for me  
But no, help isn't needed.

Slowly.  
Into  
The light.  
I am  
The light.  
I am  
The fire.

The fire is  
Within me.

Up.  
Slowly.

Into the light.  
Things are  
Brighter.  
Things are  
Clearer.  
Things have  
Hope.

What goes  
Down  
Can  
Come Up.  
Higher  
Than ever before.