

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.