

Untitled

by Jennifer McGraw

she set foot into the Storm for the first time in a while
the song of sunflowers filled her ears with melodic tones
her nose with it's blissful, warm summer scent
and her brain with ease

she no longer had to be afraid of the roaring thunder
and flashing strikes of lightning
instead of being hesitant, she walked with confidence
for that the Storm was not going to terrorize her mind anymore

you see, she has grown and changed
and pushed through doors and broken down walls
she has undergone a character development; a journey
she is not the same girl last week, last month, or last year

there was a time
when the Storm was able to snatch her of her identity
her sanity
and her mental wellbeing
but not anymore

she walked into this Storm and she felt free
free from her old self
free from that last chapter she was stuck on
she was just free

the rain splashed onto the ground
onto her hair, on her clothes, on her being
and it was refreshing where it used to be troublesome
her sunflower song
and her stronger mind, body, and soul
helped her see that Storms can only cause damage if you let it