

Pain

by Adam Sifre

My pain is a black pearl hidden in a clean shell.

Swim on by, all is well,
Tides and tears recede and swell.
My seabed is a lonely place
A place where I never rest, with the rest
of the thousand shells
the thousand pains we all protect.
A hand reaches out, a hand I reject

Pain is green, pain is envy.
It clings and weighs, and keeps me safe
from any thief with good intent
It's kiss, a sting, a stitch of string
seals my mouth until I forget how to cry out.
And ask someone to share my pain.

Pain shared breaks the prison
becomes a prism
where my light
your light
our light
transforms.

