

## SEGREGATION

how do you deal with it...? what is it like you ask ? If only words could say...describe... living in a permanent time out - segregated from the world.

There's nomore sunshine and laughter in my day - I miss my friends voices in a deep lonely saddening way... so much missed - so much to say. Its only been a little while, my time away - decades pass...yet a life time is what it feels like each day. Segregated all day.

Not being able to call and brighten mom's day. Go to grandma's for some good home cooking. To ring up a friend and lean onthem... segregated all day.

Alone withmy thoughts, I stay each day - contemplating life's betrayals each day. segregated all day.

misguided hopes - second chance dreams fade away - alone in my own miserable way, all feeling fades away...day in day out I do the same dull routine eavery day... segregated all day.

Heartache & pain, the betrayal falls like rain. segregated from life in vain. Emotion & trust - full steam forward or bust... meaningful relations die with - segregation all day.

Escape to your deepest retreat in your own way, grasping at sanity as all time and reality fades away...nothing matters. No clarity in your day... segregation is your pain each waking day.

Roll with the punches, get knocked down, get up again. How can it be whole, when your life is less than half of what it was way back when... segregation.

Dreams fade to realities awakening, awake from a nightmare to find yourself living a dream... into a dream you retreated, only to immerge into insanity... segregation.

Feel no love, cry for nothing, abandon all attachments to life as you once knew it. Know the loss of another as you lost yourself.Lost in death embrace each day... segregation.

Time is frozen as deathlingers in the back of your mind each waking day... your time is coming one day - you must stay segregated.

Final curtain call - freedoms calls today - segregation is over. Its a trip to the gurney and grave today. your final miserable day...?

No More segregation !

Thankfully its over today on this beautiful day.