

THE BEATING

by Timothy J. Muise

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The mental beating of hopeless scars as surely as a club,
no difference between the welts on your psyche or skull.
Your cage can be a sanctuary away from the onslaught,
seeking solace from insanity in all its abusive forms.

The mental beating of madness wounds just as raw,
as the jagged tear from an ax wielded by their heavy hand.
Your cage becomes your hospital for healing the damage,
bandaging gashes of foolishness and the unbelievable.

The mental beating of insidious breaks will as if bone,
as you are struck from all angles with the maul and mace.
Your cage can act as armor as strong as Gallahad's,
protecting you from their archers and swordsmen.

The mental healing is hard won through free speech and knowledge,
it soothes just as a balm of liniment allowing skin and bone to mend.
Your cage acts as a college, a university with wisdom deeply profound,
this is how you defeat the abuser and disarm the jailer; true freedom.

THE SIGHT

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Off in the distance there is an oak tree,
what a truly inspiring sight.