

**Untitled**

Anger sits like a knot in my chest.  
 I want to toss it at you  
 Hot as a grenade.  
 But you put up those defences  
 Those walls  
 That nothing penetrates  
 Least of all me.  
 And I am left  
 With this burning pain  
 Scalding ash  
 Held here inside me.  
 It cools as time goes by  
 Congeals into something solid.  
 Eventually my skin engulfs it.  
 And I go on  
 The same and not the same  
 Taking with me  
 Gathering as I go  
 Barnacles of the spirit.

Vaughn Jelliffe

**Untitled**

My tongue betrays me  
 Time and time again.  
 I try not to be noticed  
 Camouflaged in somber greys  
 and beiges.  
 Nondescript.  
 But somehow I can't be quiet.  
 Can't pretend  
 I haven't heard your comments  
 Designed, I know, to plague me.  
 They break me open  
 Like a shell  
 Exposing my soft centre  
 And granting you  
 Dominion once again.

Vaughn Jelliffe

**Untitled**

The sky was full of  
 Corrugated clouds  
 Sun sprinkled water and  
 Wind freshening across the deck  
 The boat alive beneath us  
 You were happy then  
 Doing whatever it is  
 You love the most  
 About being in control  
 And pitted against the elements.  
 Captain of the river and the sky.  
 Our very lives were in your charge.  
 And at the helm  
 There was no room for me.

Vaughn Jelliffe