

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