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## Untitled

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## “the nightmare”

The soul battles,  
longing for freedom  
from the horrors that bound it.  
Yet, the nightmare lingers;  
even as joy seems just within reach.

Haunted by memories  
no child should know;  
scarred by hate and ugliness,  
held paralyzed by emotions,  
lost in the weight of the rain.

No rainbow in sight.  
A once and future prisoner,  
captive to the promises made in love and  
duty.

The nightmare scoffs at the loyalty,  
given freely to those which give not.

Moments stolen by someone else's power.

A legacy persists that isn't deserved;  
but hate remains not.

For even just a glimmer of hate  
locks chains around the soul,

hindering movement and purpose  
and denies the future its rightful  
place.

A destiny of revelation  
shines the path with lightening ever  
bright.

A journey of healing traverses,  
step by step, choice by choice.  
Only the thunderstorms of life offer  
comfort,  
serving as a reminder that good  
remains.

Choice the weapon of need  
And words the teller of stories.

Forgiveness is the key!  
Released into hope,  
an unknown freedom awaits.  
Shedding the nightmare of its power  
And the memory of its pain.

*Bonniejean Alford*



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Charcoal Drawing by Eunice Melara

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