

## Those Prison Bars

What I wanted was to be released,  
To be heard and seen and smelled again,  
But was behind those prison bars.  
I wanted space, and to breathe fresh air again,  
Touch skin soft and soothing, and feel love.  
To jump, to run and dance,  
And crisscross the earth.

So i stopped eating and drinking,  
I put my head out of the bars,  
To reach you, begging for life,  
For water and air to sustain me,  
And to be found again.

Finally I got so thin, I was able to  
Put my arms and shoulders outside the bars.  
Then a week later my torso,  
Another week later my lower half,  
Then I finally walked, on my two feet,  
Ran to you and collapsed in your arms.  
You nourished me with your love,  
Feeding it to me in drops, holding me tight,  
Then I was able to stand again.