

Silent Cry

Emfolla ©

I see the pain,
I see the pain within your eyes ...SISTER
I see the hole; I see your hole within your soul...SISTER
I hear your cry... Your silent cries within the nights...SISTER
I see the mask the covered mask to hide your pain... SISTER

I recognize your silent cry, as time goes by withdrawing from life
I know the feeling of wanting to be unknown...SISTER
Fading into a silent background, waiting the pain to be gone, SISTER
Needing someone to help you to stop slipping into that dark hole
Wanting someone to recognize that you need help... SISTER

Fearing the removal of the mask, that you wear so well
So that people can't tell that you don't feel well...I see, I see you SISTER
Perceptions that Strong Women don't cry!...My!...My!...My! So no one hears your hollow... screams
or recognize your broken dreams

I hear, I'm here, I hear your silence... I see because I too walked the path, I also had the silent cry,
I had that look within my eye, I could not laugh, I wore the mask of silent screams, I lived the life of
broken dreams, I had the hole within my soul, I know about stories untold, locked in the silence of
our souls...SISTER

LOOK AT ME! Look at me, SISTER... look into my eyes

I too have the rings of pain...it's carved within my being SISTER

I recognized that I survived to help you ride your tide, I know the course I'll help,

I will call upon the name to help you ease your pain, to calm your silent screams, to help you through
the rains

Remember this, in time you will look up again...and the sun will shine

Right now it is OK to look down at the footprints in the sand

I know it's hard to believe, I feel before I was conceived those footprints sent me...thought it first... for
you my SISTERS

Then sent me now to do my part to help give you the path to a new start and survive

You can take my hand SISTERS and feel my sincere embrace for your life your survival , as I help
you ride this tide, hold still...hold still until you feel his arms around us both...Remember

there is hope and you can stay close, until the tide subsides, we both will take this ride through time...

and I will call on the one that fills, and heals, the paths from pain, fear, anger, guilt, and heals that
hole within your soul and calms your silent cries, he will console, then restore you whole, mind, body
and soul

Open your eyes SISTER... today is a new day,

NOW Breath! **NOW** Breath! My Sister!

Your turn, to walk... you too survived... go look for that pain in another SISTERS eyes and listen for
another SISTER'S silent cry. And help her to survive. 404-289-5277 www.healingheartusa.org

