

## FIRST PLACE

Words Heal the Mind:  
A Poetry Writing Competition

# *The pen is my witness*

by Joralyn Mounsel

I was haunted by this situation  
The present.  
Siren, rush screaming to save lives,  
Broadcast were dead bodies,  
Enemies unseen  
Halted everything,  
Cries were louder than laughter,  
In a minute I might be dead too,  
I am afraid—

Darkness blanketed my vision  
My mind, turmoiled—  
My Heart races down my spine  
Even faster than time,  
Gasping a breath, unhopeful—  
I drifted into dark hollows,  
Annoying indistinct sound,  
Drummed into my ears,  
Like the howl of the fox on a blood moon.

Tears shed like river  
This fear cause  
A jingle jangle in my mind,  
It Struck straight into my heart,  
And exploded into my brain  
Like a chemical weapon,  
Tearing every piece of my consciousness.  
This disturbance Is a complete poison  
To my tranquility.



I held my hands crossed  
Wrapped it around my body  
Hugging every bit of my emotion—  
I am here,  
Distracted, listening to my own breathing.

But somehow in the midst of this turbulence  
A fulgent light appeared in the dark,  
And that's when I realized,  
There is no one there to save me,  
Except me!  
This hollows were just made  
By my own mind, and I hold the control

I gathered my strength  
And grasped that light,  
I let my pen bleed in an empty paper  
Word cries all my worries,  
My pain, my longing, and all  
And Slowly, bit by bit  
The darkness,  
That once blanketed my vision,  
Buried in silence.  
The paper that's once empty,  
Now speaks an "overcoming"  
And the witness is my pen!