

2ND RUNNER-UP
Words Heal the Mind:
A Poetry Writing Competition

Break free

by Julie ann Tabigne

I felt slowly eaten by a beast.
A monstrous invisible being
Resides inside my body.
That everytime
I tried to fight back,
She erect the highest wall
Of disobedience.
Manipulation took over
It overwhelms me,
I can't function normally.
Heard some noises,
Can't figured it out
Where they coming from
I'm shaking.
It's poisoning me.
Making me feel tired,
Weak and restless.
I want to break free.
Unchain me!



Faith brought me to reality.
My illusions, the mirror
Of my dark isolations slowly broke.
At first, it was difficult.
It took me some time
To get used to it.
I find myself busy
And be productive
I knelt down and pray,
As enemy started to attack me.
It became a habit to divert things.
When things gets out of control.

So far, I can barely
Manage myself not
To get so attached.
I learnt to love my self
With or without prejudices. And detach my emotions
To those who made me feel Unwanted and unloved.
Life is an unplanned adventure, Full of things that
Is beyond control and
Imagination!