

... How I feel affects other people!!!



I LOST MY MIND ONE DAY

I think I was doing something
with someone I probably shouldn't have been with
somewhere where I don't remember fully understanding
there was no way out
because I didn't know how I got in,
so I probably fell and bumped my head where I had been.

I don't remember!

My bet is that while I was there
(looking for my mind)
I saw things that flashed before my eyes
But before my eyes could do what?
I don't know
Because my insight was blurred.
In fact... with all I didn't see
I never said a word.

Now I suppose words can't find you
When you can't find the words to express
What you can't say
About why you can't go where you can't stay
Or how you feel about what you don't think you'll do
Because it feels like everybody's listening
Even though you feel like you're just moving your mouth
(See, look... you're doing it too)

So you can hear me???

Don't laugh... I'm serious as a something kinda/sorta thingamajig
Was I reading a poem to you about losing my mind
When it dawned on me that I found it?

And I found it full of creativity, smells, sounds, dances, shapes
And moments of gratitude
And just when I thought I'd lost it all
I was blessed to find that I hadn't lost you