

ammonite.

i am ammonite
cloaked in endless night
hidden in the depths of the ocean floor
buried in the depth of emotion, for
aeons i've been compressed into almost nothing, into oil and tar and stone
now the sole remainder in the soil is scar and bone

all the pressure to perform turning me into a fossil
all the unhowled screams that have stayed hypoglossal
sitting just underneath, on the tip, not quite on the slip of my tongue
don't trip, get a grip on your words, on your thoughts
let them die while they're young,
unformed, unnormed, not entirely dreams yet
seems that gleams of light, of hope, are a waste of your breath, of your time
you should learn how to cope, get a taste of your death or of mine
our mouths full of dirt, now alas, poor yorick!
pay no heed to your hurt, all your pain's prehistoric
from devonian to cretaceous
my distress has been tenacious
or a tall tale told by an idiot: me
always questioning my suffering's legitimacy

my own life's playwright
never acting due to stage fright
applause! – exit stage right

pursued by a bear or my own fear of failure
been my own prisoner and my own jealous jailer.
no more! smash the bars, get your own fucking life back
giving up self-sabotaging really shouldn't be a life hack
yet again, here we are, at the end of the road, will
i make it out alive or will i end up as roadkill?

i am ammonite
reaching for the light
petrified to permeate my heart of stone
even more afraid to fall apart alone

so to everyone who hears me screaming stricken from the dark
bring your hammers, pikes and shovels, strike back harder, light a spark
help me break apart these shackles that i've chained around my mind
help me leave behind the darkness which thus far held me enshrined

one word, one wish, hoping someone will hear
i fear not the dark, but i do fear the fear
yet until my last breath i will dream, i will fight
i will not let the anguish extinguish this light

for i have been alive before
so i will come alive once more!