

**NAMI NJ Dara Axelrod Expressive Arts 2018 Mental Health Poetry Contest - 6th Place**

**Cosmic Masterpiece**

**By Sacha Batra**

It appears to most that to vent about something invisible to the eye,  
Is somehow begging for attention,  
Or a reason to act like a victim and cry.

It is not a scream, nor a cry,  
It is a plea for you to understand my struggle to survive.

I've been down that road once before,  
But I promised myself that detour I chose,  
Would help me persevere to the utmost core.

Complicated and ugly,  
I still decided to stay,  
And I thank the universe daily for that extraordinary day.

Warriors keep fighting,  
The universe sheds light with each grueling fight.  
You are not your diagnosis,  
You are beyond the titles,  
You are powerful like a star and beyond explosive.

My illnesses do not define me,  
Even when I complicate the puzzle pieces of my life.  
It builds resilience and hope,  
To keep those puzzle pieces glued,  
And I have faith this will suffice.

There will never be a perfect painting,  
Puzzle, or centerpiece,  
But nonetheless it will still be,  
Your marvelous messy masterpiece.

The universe can handle all you want to scream,  
The anger, resentment,  
And the light that does not gleam.

No matter the loss of hope,  
The universe has a scheme.  
Give you moments when you crash,  
To rise up and be closer to the cosmos and beam.

**NAMI NJ Dara Axelrod Expressive Arts 2018 Mental Health Poetry Contest - 6th Place**

The cosmos can help you get out of that black hole.  
It has helped me many times,  
Even after throwing arrows of coal.  
The universe said, look at this unique young soul,  
I think she can spread positivity and create diamonds from coal.  
I think I will give her only what she can endure,  
Actually, I don't think,  
I am absolutely sure.