

NAMI NJ Dara Axelrod Expressive Arts 2018 Mental Health Poetry Contest - 5th Place

My Song (1)

By Kelly Brennan

My song is a gentle breeze in springtime
And the rhythm of the rain
My song is a feeling
That takes away the pain
Like soft sheets cool on my skin
My song it touches me
It plays its chorus deep within
So melodically
My song is wordless
No lyrics to sing
Yet I know every line
I feel everything
My song is a quiet moment
Of reflection and prayer
It's the space inside of my soul
That I do not easily share
My song is the peace and calm
That helps me through life
When days get dark and nights are long
I know it will be alright
Because I hear the birds that sing
And I see it in the stars
I find it in my heart
Whenever my life takes a downward slope
My song is light
My song is love
My song, you see, is hope