

NAMI NJ Dara Axelrod Expressive Arts 2018 Mental Health Poetry Contest - 1st Place

My victory song

By Megha Sood

My heart parts its lips
utter something
pure and divine
like the moon in its reverie
you ask "What's my song"
I laugh and smile
with beauty imbued with
the fluttering of the
butterfly wings
so sublime;
My heart though brimming
with pain and anxiety
but ready for its encore every time.
My love is boundless
like a star-spangled sky
covering every iota of my soul;
gives me the sustenance
clears out the wool and webbing
from my disordered thinking
and makes me feel alive
once more.
I adorn the scars
as victory marks and
leaves the bloody trails
as maps, who follow;
Pushed and shoved aside
for reasons unknown
I thrash like a juggernaut
crashing and crumbling
the voices which pull me down
I simply ignore.
Waving my victory flag
so fervently
and singing my song
under my bated breath;
Here I come to
conquer the
uncharted waters of
my life
with a roar.