

NAMI NJ Dara Axelrod Expressive Arts 2018 Mental Health Poetry Contest - 8th Place

“notes of silence”

By Deesha Arabatti

the notes in typical music, go in this pattern
quarter, half, eighth, sixteenth
there are other notes that follow the same pattern- but nobody likes playing them-
because they're boring- they make no sound-
just an empty space

in the score.
a rest-

they go just like the other notes, following in the same pattern-
quarter, half, eighth, sixteenth
other's hearts may sing with liveliness and glee,
delivered with such power-
but my heart only sings of rests,

my heart only sings of silence.