

shelter

savage depression
take me in
shelter me from what I cannot fix
protect me from what I cannot feel
 lest it shatter my heart
 into slivers and shards.

dearest friend who is always there for me
the only one who always understands
never minimizes or denies
or tries to tell me
 smile!
 cheer up!
 be thankful!

when I'm barely able to draw a breath
chest anchored to the bottom of the ocean
drowning in a black truth
foreign and incomprehensible
to those who spend their lives dwelling
in the busy rhythm of the surface.