

## **To say my piece**

My words are dammed.

I built a wall

So tall

To hold

The flow

Of all the words

That make me who I am.

Sticks and stones

May break my bones

But its taunting words

That haunt my heart,

That shake and break

My world apart,

That harm like shards

Of razor blade

Thrown bullet-time quick

Stick hard

Inside my heart

Sharp tongue,

Silver tongue,

Tongue trip,

Tongue slip,

Pep talk, coax me,

Soothe me, smooth me over...

There are words that harm,  
And words that heal like soothing balm  
And words that hide the truth of who we are  
Behind the scars.

And still I find myself more broken  
By all the words we need to speak  
And yet we leave unspoken...

I am a child.

I feel alone.

A lonely girl,  
My only world's  
My own.

My silence grows.

The other children are my foes -  
I am the chosen one to shame and blame  
And I am left out of their games -

My silence grows.

I am now tame.  
And they move on to better prey  
That will struggle as they play  
And I'm still left out of their games -  
My silence grows.

And I begin to know that what keeps everything the same

Is the fear of our own shame  
And I wake up every day  
So afraid of change  
And I want to break those chains  
As I try to voice my pain  
But my words are jammed and clammed  
Inside the god-damn dam I made.

I am not that child now  
But anyhow  
The words that mean the most to me  
Are still left unsaid  
The words I want to tell you  
Are mere voices in my head

*Are mere voices in my head*  
As I wake up in the darkness every day  
As I try to pass those powerless hours  
Before the sun's first rays.

The words flood in.  
The words flood in and the tears flow out  
And all I want to do is shout  
My words into the darkness  
My words against the walls,  
My words into the silence,  
The words that keep me  
Small.

The world's so hard  
And all the words  
in all the world  
can't melt it  
so I cry into the dark  
but words they have both broken me  
and made me who I am  
and we all know that words can't break down walls  
but words spoken and unspoken change my world  
And I need to speak my truth to break apart the dam.

And through the shadows that loom

Through the murk and the gloom

Through my own bare

Despair,

and although I'm aghast

at how fast I fall

from the me that's big

to the me that's so small

And despite all the times

my own fear has towered

in my cowered mind

I know my words

Must be heard.

So here I am,

Here I stand

And these are my words  
That I must get out  
Though I'm riddled with doubt  
About what words can do  
After 5000 years  
Of a system of fear  
What can we start anew?  
After 5000 civilized years  
Of the wild  
Being defiled  
Of patriarchal pain  
Of slavery and chains  
Of racism engrained  
Of the hierarchy being the same  
How can words bring change?

We can say,  
The more things change,  
The more they stay the same,  
Or we can say,  
The only thing that stays the same  
Is change.

Yet fear of change  
Is the greatest fear that I retain  
Things aren't working as they are, but they remain the same  
Because change means to go

Into the unknown

But change also means to *grow*

Into the unknown

Means to grow into the magic of the mystery

Means the bravery

To start to dream

The way that we want things to be

So we can work to break the binds

Though there are times

When words are best forgotten

And left behind

To open hearts to the eye of the mind