

Path of Time

*When sadness and profound sorrow
claws at every thought and action
Can one believe there is a tomorrow
where joy can once again find traction
and the constant ache of loss be banished?*

*Like evening shadows that stretch long and dark
reaching deep into bottomless places
emptiness can fill every corner of the heart
with the pain of a hundred lances
slicing deep with unrelenting anguish*

*It seems easier to fall into the throes of woe
to linger in the pool of misery
and wallow in the status quo
than to fight against the melancholy
and seek a way for these bonds to be relinquished*

*For there is no easy path to follow
that leads one to find the brightness
that casts away the painful shadow
and nurtures the heart back to happiness
except the path of time engraved with sufferance*

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