

i am free

we

j

u

m

p

out of the window

and

as we fall

the wind whips

the breath out of my lungs

and

the sound out of my ears

and

in its place

i face

a frantic frenzy of thoughts

and

my heart

beats as fast

as the wings on my back

and

we rise

and

i shout

into the swirling air

a combination

amalgamation

of colours

all the colours

and

all i can think is

i am free

free

to chase the circling birds

and

to swoop over clear waters

free

to fly among the clouds

and

to rival the sky and the sun -

i

am

free

and

i soar

up

up

up

and

the air rushes past my ears

and

i laugh

and

look down at the spinning ground

below

that overflows

with the things i left behind

and

i hear a call

but

i won't look down

don't look down

for

i am free

for

the first time

in weeks

months

years

i can see the colours
of the sky
and
feel the heat
of the sun

and
the heat
fills me
fills me
up
up
up
and
i
am -

a feather
f
a
l
l
s

and
it floats

through the still air
and
i watch it
my breath short
exhausted
my head spinning
ears ringing
in
a flurry of feathers
in
the dying warmth
of the sun.

