

## **The Mask We Wear**

**Helen Daly**

The world beats on at an enormous pace,  
population explosion and environmental waste.  
Jihad, warcrimes, and religious genocides,  
waiting for the day when the turns will tide.  
And we look within our nugget and what do we see?  
gun crimes, hate, rape and poverty.  
And sadness erupts at a rate, uncontrolled  
to witness these things all the pain, untold.  
While something within calls out for reprieve,  
an unbearable feeling, an unspeakable need;  
Silenced in time by the unbearable gray  
which grows like a shadow as dark covers day.  
It affects more than we know and takes more than we  
count,  
a resounding blast from the depths within life's  
irrepressible mount.  
It brings grief to the remaining unflawed, for today;  
of those lost to the depths of depression's sharp blade.  
And to feel through the numbness, would be such a task,  
for solid steel layers cover an impostor beneath pains  
smiling mask  
A deep brooding darkness that cannot be peeled  
to do so would uncover the wounds so concealed  
Twas 100 times it had to be, I tried to extinguish the  
sadness within thee

and beg you to hang on, persevere, and love me.  
But me, was unseen in the mirror you held;  
it told you the horror with pain would still dwell.  
And while so many times, you pulled through and said  
"no!"

The duality persona split into one dark ego.

It was that day the cloud was so dark and so deep  
that I took my own life no more tears shall I weep.  
And I'm sorry for those who are left and do mourn,  
but look closely and see my soul tattered and torn.  
By an entity so covert and convincing and strong,  
it was never my will that composed this last song.  
So please remember me and how I did try;  
to slay all my demons and cope with the ride  
Remember my sun, and my quick witted pace;  
My gift to you all, a clown's funny face.