

I just swallowed fear for breakfast
and it sat like a stone in my belly
it sat like a round hard rock
it split
it splat
into a thousand tiny pieces
shards in my belly
poking and prying
they absorbed, they transported
into my liver and into my veins
it sent a shock wave of fear
throughout my entire system

i swallowed hopefulness for breakfast
and it set me free like a butterfly
it sings
it dances in my veins
and lights and clears toxins from my body

the heavy lumpy burdensome fear
it's clear
it was hope that killed fear,
and gave way to freedom

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