

the ONE where I Cry out

by Guru Mani H

I cry out **in silence**
for I don't know how to express
what's going on inside
I've heard that our eyes are a window to the soul
and I'm *desperate* for someone to look into mine
but the LOUDER my silent cry is
the less I want to make eye contact
with anyone at all
which makes an answer to my hope [and prayer]
almost impossible

I cry out **in my actions**
breaking all the rules
just to get someone's attention
I don't know how to communicate emotionally
my anger
my rejection
my pain
The *inner* volcano
just erupts as *outer* rebellion
hoping all the time that
someone
[anyone]
can see *beyond* the outer
because it's not
the real me

I cry out **to you**
my god
I have a history with you
I look back and remember past cries
that you've heard [and answered]
so even though in *this* moment
when I simply can't feel you
anywhere at all
I *still* aim my heartfelt cry in your direction
feebly clinging hold to the hope
that *if anyone* can help me
then it's still you
my god

I cry out **for help**
but as I've done this multiple times before
[when it wasn't so urgent]
those close to me don't take it seriously
As I've repeatedly wasted their time
[asked for help when I should have just helped myself]
now that it's *really desperate*
life-threateningly serious
everyone just turns the other way
assuming I'm being my usual over-dramatic self
yet again

I cry out **to those who should help me**
[whose job it is to help me]
but I'm met by a wall of indifference
a pile of paperwork
or a waiting list a mile long

I'm told that
as I'm not going to kill myself today
[or 'anytime soon']
then I'm not a priority
I'm simply left alone
feeling confused
feeling rejected
feeling valueless
like my issues aren't serious
like my soul-hurt isn't important
like my life doesn't really matter
SO MAYBE ACTUALLY IT DOESN'T
It's not too long before I circle around to the
'anytime soon'
but this time
I *won't* be crying out for help

I cry out **again and again**
I know you hear me
so why don't you answer?
Possibly you're too busy?
Maybe you think it's not so serious?
Perhaps you simply don't care enough?
I've been there for you
but now you're not there for me
and the hurt punches me over and over
The pain of you not hearing my cry
is piled on top of the pain that caused the cry itself
and instead of a *problem shared*
being a problem halved
it's now one that's DOUBLED

I cry out **in fear**
I'm so terrified
that for a time my voice is literally paralysed
and not a sound comes out
When it does
a stranger answers
and runs to my rescue
Seeing my terror
[and in an act of immense compassion]
they go the extra mile
until I'm not only in *fact* safe
but also *feel* safe
An act of random kindness by a stranger
who disappears as quickly as they appeared
not wanting or needing my thanks
A real modern-day 'Good Samaritan'

I cry out **every day**
but it's in a code
I don't mean for it to be
it's just that I don't know how to express
the turmoil in my soul
I simply dump it all on you
my partner
in a way that can *never* make any sense to you
then I get angry at you
for not understanding me
and not understanding the code
[that *even I* don't understand]
I'm really sorry
Please forgive me

[but I honestly can't promise I won't do it again!]

I cry out **one last time**
now in complete open-ness and honesty
a deep scream from the soul
Whereas before
[when I wasn't sharing so vulnerably]
you didn't really hear me
this time
you not only
hear me
but step in to
help me
You carry my burden
with me
for me
You walk alongside me
lifting my load
and giving me hope at last
A true soul-friend