

## Mind's Eye by Sherée Prospere

*A poem written to accompany the article 'Mental Health Matters' by Leap Confronting Conflict*

Divulging into the mind,  
Opening layers of memorised moments.

Within each,  
A fragment of guilt reveals itself.  
Regrets, wishing to forget.  
Forget me not, another face cries.

Why do we lie to ourselves?

Masquerading and parading for an endless matinee no audience would attend.

My mask has cracked, I have no face to hide.

Delving deeper into a repression,  
Questioning my thoughts and their validity.  
Am I the wronged? Or am I the perpetrator?  
Are the emotions I feel real?

Constantly entrenched in a cycle,  
Moods swinging to and fro.  
My mind has fallen, I have no lies to hide behind.

Shackled to the slavemaster,  
My mind will not set me free,  
Flashbacks on rotation,  
Searching for a solution to these allusions.

Silence.

Awakening the third, with the first and the second wide shut.

I can see,  
Clearly.

I am the only one against me.