Untitled

Anger sits like a knot in my chest. I want to toss it at you Hot as a grenade. But you put up those defences Those walls That nothing penetrates Least of all me. And I am left With this burning pain Scalding ash Held here inside me. It cools as time goes by Congeals into something solid. Eventually my skin engulfs it. And I go on The same and not the same Taking with me Gathering as I go Barnacles of the spirit.

Vaugn Jelliffe

Untitled

My tongue betrays me
Time and time again.
I try not to be noticed
Camouflaged in somber greys
and beiges.
Nondescript.
But somehow I can't be quiet.
Can't pretend
I haven't heard your comments
Designed, I know, to plague me.
They break me open
Like a shell
Exposing my soft centre
And granting you
Dominion once again.

Vaughn Jelliffe

Untitled

The sky was full of
Corrugated clouds
Sun sprinkled water and
Wind freshening across the deck
The boat alive beneath us
You were happy then
Doing whatever it is
You love the most
About being in control
And pitted against the elements.
Captain of the river and the sky.
Our very lives were in your charge.
And at the helm
There was no room for me.

Vaughn Jelliffe