

Imagine Me

The Young ME Sufferers Trust
Registered Charity 1080985
www.tymestrust.org



**Imagine your heart in cling film,
your lungs in solitary confinement,
your blood shivering,
your breath held down,
your energy behind bars,
your mind in a cul-de-sac.**

**Imagine a butterfly overwhelmed
by the thought of a meadow,
or a wizard too exhausted to hypnotise his cat
into believing mice are not the enemy,
imagine a castle made of tissue paper,
and hence, defenceless against hostile giants.**

**Imagine long days of gauze and guilt
where the cold streets are a contradiction
and people appear as far off,
in a heat haze,
nothing defined.**

**Imagine interrogating yourself
with you playing both Good Cop and Bad Cop
shouting and demanding to know
what you did with your spirit
then offering yourself a consoling biscuit,
none of this is your fault.**

**Imagine an ocean with no waves,
or a seagull
locked in an abandoned seaside kiosk
pining for the cloistered cliffs
from which, he once surveyed continents.**

**Imagine your fingers too fatigued to lift sugar,
this is who you are now looking at,
as I sit in the corner
with a coffee and blank panic,
wondering how I'll make it to the bus stop.
And then imagine
the shackles vanishing
and a miracle like resurrection
elevating me to that place
where the grave is extinct
and shame exiled;
in their place, a brilliance of spontaneous forests,
with a banquet
where you are invited to taste rainbows;
and all that brokenness is finally explained.**

**Imagine me,
for it will be.
That future melody
is now being composed,
and I will inhabit
that restoration song.**

For ME Awareness Day 2007;
performed by the author at the
Remember the Children concert in
Brentwood Cathedral.

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