



IT'S OKAY TO CRY

somewhere inside send secret messages,
tear ducts prepare special
 self-expression drops,
colorfully clear flicks of pain
well up and tint my eyes
the shades of reds and pinks and blues
I feel inside somewhere.

transparent paint drops
 splash my nose and cheeks
 in perfect cadence
 to the confused flow
 I feel somewheres inside.

powerful drops
 color my face—
 a painting of
 all the emotions
and expression---
and blessed relief!---
of the artist of human
 emotion that I am.

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