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Cutting Ties

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Cutting Ties

Author Bio

Jenna Handal is a third-year biology major in the Farquhar Honors College at NSU. She is an aspiring physician who is passionate about both the sciences and the arts. She spends her free time writing poetry and piano compositions, and taking photos.

Cutting Ties

JENNA HANDAL

Fostering fiction
Is a loveless addiction

Find peace with Stockholm
And fear further affliction

A city of two tales
But only one I recall

Imprisoned by my own fleet
Reaching for defeat

There's always some light
As long as you're blind

La vie en bleu
Oh, how to cut the bind

Make amends with mind
Find life in a new light

Justify all means
Head off your knees

Fight for existence
Enlist in persistence

Beyond the bend
Lies the better part

A part that holds you
Caresses and nurtures you

Grasp the light
It will grasp you back

Resist the safety of subdual
Trust you will find that sacred renewal

Author Statement

"Cutting Ties' is about escaping the feelings of comfort and security cultivated in an unhealthy situation. Being held captive by this dark place, some grow accustomed to the suffering and prefer to stay 'in the woods.' The challenge is finding the voice and the means in oneself to fight the battle for mental freedom."

