

RESILIENCE

"Civilizations die from suicide, not by murder."

—Arnold J. Toynbee

*take my hand and
push me down
hold the glass and
make me drown
twist me 'til I fit the mold
leave me in the freezing cold
break my skin and
taste the fear
shake me until all is clear
rip out my heart and
pass it 'round
beat me so I hear no sound
blind me with your malcontent
crucify and then repent
carve your name upon my soul
use me 'til you lose control
collar me so I can't run
bar the door
block out the sun
love me any way you like
blindfold me and turn out the light
lock the door and
scar my skin
make sure to
keep the darkness in.*

—Katie Elizabeth Henderson