

## THE TOXIC UMBELLICAL CHORD

I want to let go  
But he lures me in  
So I cling to the poison  
I know so well

Seduced by his concoction  
Of co-dependency  
I crawl back to the nest  
Of fragile stability

Like an addict  
I become mute and expressionless  
Anesthetized feelings  
And grey matter swimming around me

While pixilated images  
Of "greener grass"  
And happier times  
Tempt with their  
Erratic dance

Loneliness sets in  
Clipping my wings  
From the outside world  
Moving with breath and life

The chef Awaits  
Begging to satiate my hunger  
With a life more sustaining  
But as the temperature rises

The flames engulf me  
Swallowing my strength  
In its poisonous wrath.