

'What If One Day I Woke Up Pain Free'

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What if one day I woke up pain free?
What a new concept for me that would be,
I'd wake up early, jump out of bed,
Feeling confident, well rested to face a full day ahead.

I'm never without pain, that's how it is for me you see,
Not able to do small things without having to take a week or more to rest,
Things I love to do are gathering dust, on an out of reach overloaded shelf,
This makes me depressed.

What if one day I woke up pain free?
Be full of life without having to constantly explain my Invisible Disability,
A body free of relentless torturing in-wavering pain!
My depression spirals out of control again.

If for some miracle I did wake up pain free,
That's just a fantastical wish for me,
If I had a wish I'd ask to be free from pain and the side effects from over priced
medication,
To be free, so free from pharmaceutical addiction.

I'd be so happy I could jump, roller skate, dance all day without a care in the world,
I'd pirouette like a ballerina so many times I'd break all the records in the world.

Unfortunately I never wake up pain free,
My invisible disability has an everlasting choke hold on me,
My resolve, my crumbling patience teeters on the edge of a knife,
My empty husk of a body shows minimal signs of life,

My reality is I wake up in pain each and every day,
To a God I don't know I ask to be healed I plead and pray,
I grieve for the things I once took for granted,
Now most of my days are spent in bed where I'm permanently planted.

If I woke up one day without any pain,
There'd be no more hiding, no endless explaining, no peer pressure, masking and
shame,
At last I could run through a meadow full of wild flowers, singing at the top of my voice,
The amount of things I could do, I'd have unlimited choice.

Sadly my pain is relentless, off the scale,
It's pointless explaining to people who don't understand, 5 4 3 2 1 and exhale.