

***Winsome ...***

**PTSD**

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You've made it this far ... Don't Let it Break Your Heart.  
Every battle's dream a loss ... but you are still here.

Up in flames and cratered in. Down goes the  
spirit ... the abyss opens arms ... you are still here.  
Careful Where You Dream. Fearful of the night.

Sparks beneath the lids, sweat-soaked till dawn  
... but you are still here.

The sun rises. A long time till the dark again.  
The pale day's moon drags the night o'er the horizon.  
Here it comes again. Another dream...  
Another battle... Another heart-tug.  
... but you are still here.

Another night closer to heaven ... and I am still here.  
Stronger. I survived the battle,  
And refought the pain of it.

Morning, again, and half remembered dreams.  
Shall I name the names?  
The Day and all are not as it seems. Old Dreams  
within old dreams And Old Souls long gone.

Dream on ... let me sleep the fright away  
Catch the translucent life at tunnel's end.  
A hiding place for living.  
Ashes and thee.

... Until the race is won.