

## **Life, As We Know It**

Life, as we know it  
Began  
Only a few short years ago  
Before that  
There was only us  
A multiple of us' that lived  
Inside  
It was the light that held us together  
And it was with light  
That they tried to break us apart  
Into so many pieces  
So we couldn't tell  
Bright lights  
Flashing lights  
Intermittent bulging fat lights  
That came in through my eyes  
And ate  
All the way through  
To my spirit  
And kept me separate from all  
The other parts of myself  
And  
As if that wasn't enough  
They gave needles  
Filled with the stuff that was  
Hot when it went in  
And turned me cold  
From the inside out  
Medicine they said  
That took away any feeling  
Or movement of the body  
And made me lay still  
So they could do  
Whatever they wanted  
And all I could do  
Was yell  
In silence  
And  
Disappear

**Shamai ... a survivor of ritual abuse-torture**

**December 22, 2003**