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On the Burning of Anger

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On the Burning Of Anger

Anger --- Black and burning fire
consuming my soul and fueling the heat of passion.
Violence wicked and vicious
comes easy and vents my rage
Destruction, chaos
Splinters and shards
I throw my raw emotion
against the world
Hurling it with cries of frustration
that escalate into screams and curses ---
Who is at fault, who can be blamed?
Does it matter? Even if the transgression lies
within, it does nothing to quench the fire
which will burn unabated until everything is consumed ---

Only then will I slump down
to the ground with the last gasps of emotion
Wracking my body with their departure
The silent desolation around me,
mute testimony of vented expressions of
Helplessness and uncontrolled Anger.

In the wake of the scourge,
I must fit back together the parts of
that which lies in broken heaps around me.
Now, as always, the fragments are less than before, as
my rage has forever banished
Valuable pieces of that which once was
And I sadly realize that the parts can never again be greater than the
sum of what has fallen into the abyss.
Rebuilding the shattered structure,
Into smaller and smaller frames ---
Each deemed sturdy only until the black ire
Lashes out again and chaos reigns.

---Mike Gifford