

A Selection of pieces from the Creative Writing Workshop

"Ghost"

*The unknown silent energy
whispers through music
revealing herself
or trying to*

*She isn't heard
she isn't seen
in your head
you hear her scream*

*But listen hard
and listen close
cos your suppressed emotions
have become a ghost*

Jack

GHOSTS

The people who pass through,
The people who do to you,
Leaving shades and shapes,
Casting long-shadows.

UNFOLDING

I'm not a parcel
for someone else to open,
I am the gift
and I'm addressed to me.

Jacqueline

MY GHOSTS

*My memories, my pain,
My dark thoughts,
Again!*

*My paranoia and fear,
My sorrow and Tears,*

*My darkness, my loss,
To bear this cross
My Ghosts!*

Phil

Letter to self as a child

*Do you remember the first time
you knew something wasn't right?*

I do - I am you.

*You CAN be strong, you CAN say NO!
You CAN tell. You CAN be in control.*

*I'm just really sorry I didn't tell you
sooner.*

X