

The Cry of the Crow

David Worrall 1992.07.25

for W. on the occasion of a friend's suicide

I was saddened to hear
that you had recently lost a friend
after years of struggle
to maintain
a reason to remain.

I have some idea of what you're going through,
having experienced such loss on two occasions myself.

It is hard for those left,
because it challenges their living.
They take a part of us with them
and so a little of us also dies.

It is helpful to watch it, to mourn it.
Identifying this part of us,
this echo of me in someone else
which confirms consciousness
as a non-objective phenomenon.

Let yourself feel the pain,
as ritual embeds the experience,
and seeing it fade,
re-affirms
the cyclic nature of time.