

Paul Curran

QUIet

smashing public phones

blowing up post boxes

neurotic mystic 12 step daytime tv program

schizophrenia is a release when you know you're not **One**

& thi**S** is not that — a f**EA**r of being pin**N**ed down/labelled

silenc**E** works sometimes

or evasive poetry

sh**ap**e

changin**G**

morphing

run**N**ing

you have that **L**ook in your eyes

like potential roadkill caught in headlight**S**

se**T** to rush

*... and when you ask me if I've found the light on the hill
I say I'm not scared of the dark I'm scared to express how I feel.*