

# Changing the Guard

Tiles

Languishing with heavy heart  
At the sight of pain and fear  
Contorted movements cease  
Standing alone in the clear  
Withdrawn and motionless  
The agony ends in peace  
Staring eyes reflect disbelief

Seconds slowly tick away  
Touched off by accident  
Confused and unprepared  
Losing the fight against fear  
Passing slowly on no saving grace to prevail  
Another painful lesson failed

Move beyond the clear  
Pass the barriers implied  
Understand the reasons why  
Hear the requiem  
The weight of burdens undenied  
Remove the doubt, reject the lies  
Changing the guard  
Hold the moment, heal the scars  
Changing the guard, hear the requiem  
Lay the guilt to rest

Moments in reflection blur  
As the replay rolls again  
Vivid thoughts grow dim  
Remnants of blame to defend  
Shedding tears of grief  
No explanation consoles  
The sun shines on the passing soul

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To rest