When left
Is right and
Right is wrong.
Frame uncertain,
Shaken, broken.
Start again.
To Create
Myself.
Myself re-created,
Re-drawn,
Re-presented.
Re-newed senses.
Start again.
My medium
is not found.
That medium
For my message
Hidden;
Not around
Here.
The marks
and images made
Will fade.
New beginnings.
Start again.
In the Darkness
Of my mind
An idea forms;
Retreats,
Advances
And retreats.
Won’t stand
In line.
Slips away
Like sand before
The dawn arrives.
Start again.
A decision
Made.
Time goes past
It can’t change.
Why look back?
A pain
Revived
Holds back
New life; Insane
Turn around.
Start again.
I start again.
Self Portrait Photography and Poetry
Helen Taranowski