



PAIN BEARER

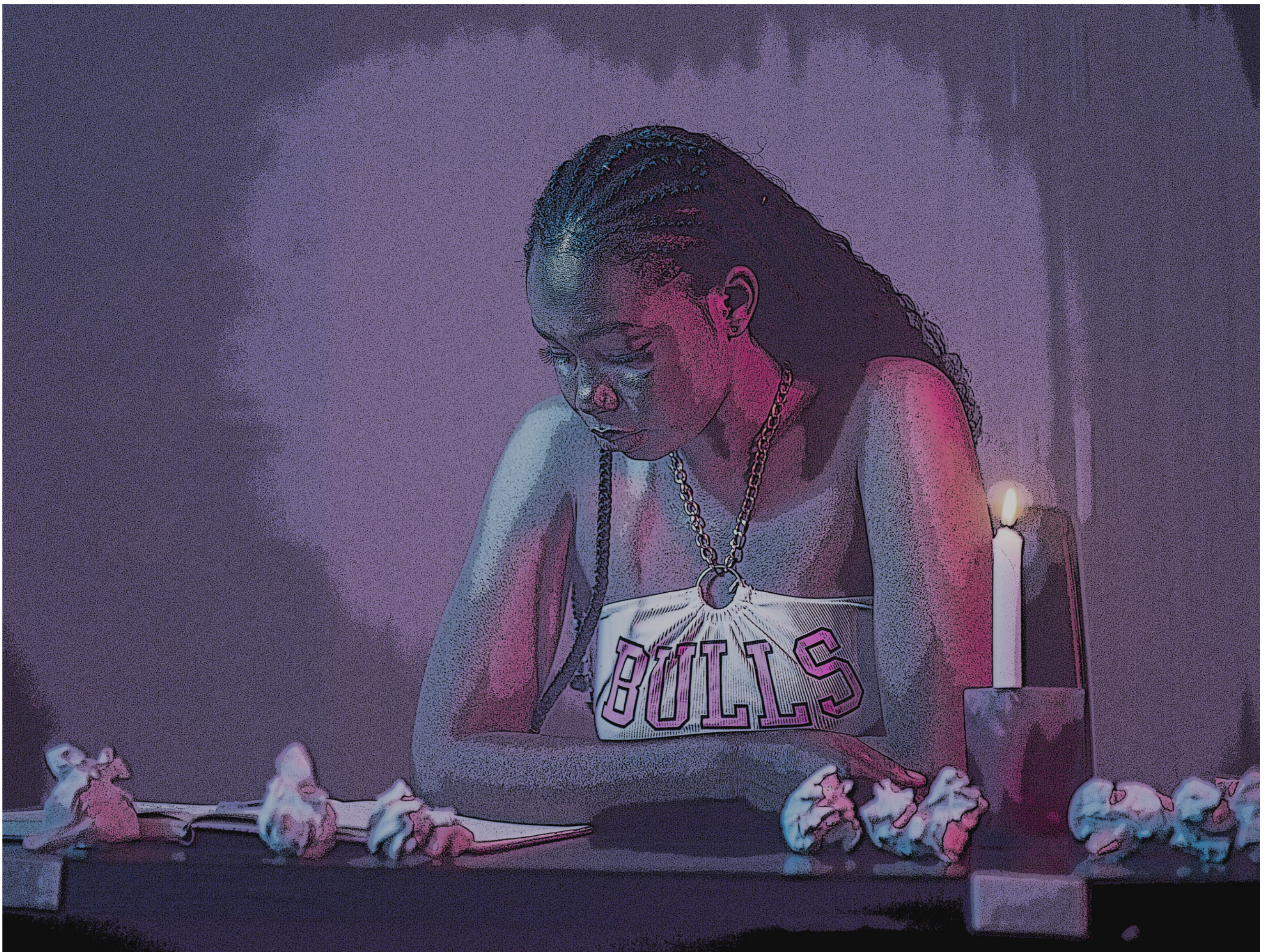
-PURPLEDOT-

- **CHAPTER ONE DEFINITION**
- **CHAPTER TWO TRUTH**
- **CHAPTER THREE UNDERSTANDING**
- **CHAPTER FOUR LET GO**
- **CHAPTER FIVE WELCOMING MY FRIENDS**
- **CHAPTER SIX CONCLUSION**

DEFINITION

An unpleasant or unwanted situation and the type of state that many times aren't suitable to a being. PAIN//

What's your own definition?





TRUTH

I have known pain. A lot of times. I have felt he's strong grip on my soul——it took over my mind and state of being like its been here before. The way it knows exactly how to grip and hold down this innocent soul. Like I was scooping and drinking from the well of pain. Like I'm swimming in the ocean of pain itself.

No doubt, i've known Joy too.—She had visited me in the past. stayed like she never want to leave. I was happy to make my heart her home.—it was my greatest pleasure to welcome her and give a sweet treat to her and her sister—Peace that goes along side by side. "They was beautiful"—peaceful and warm. I never thought I could remember. But it plays fresh the way this visitor came—Pain the unwanted but essential.

UNDERSTANDING

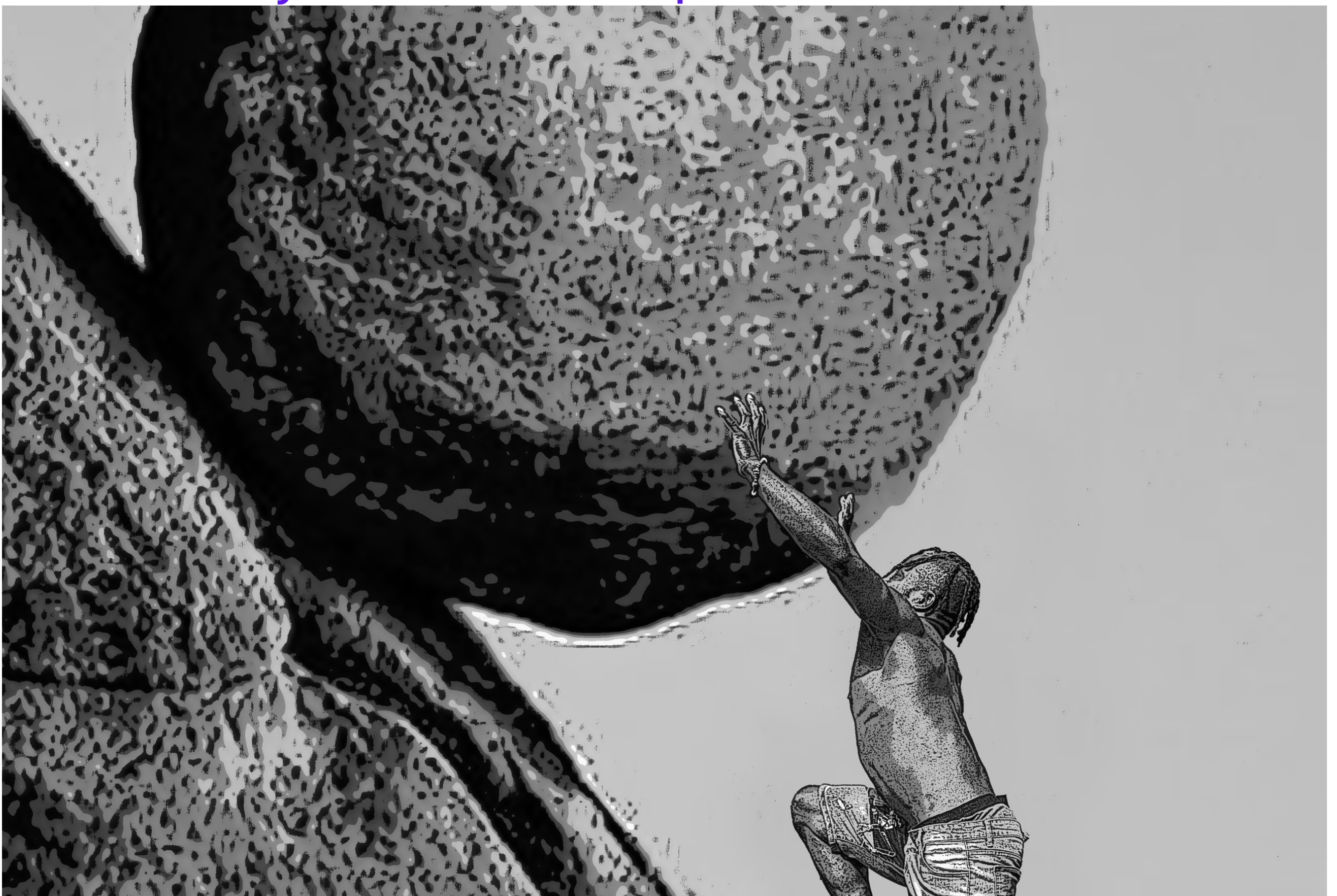
The intruder that never seem to want to take his leave—the jilter that jilts away what was before its arrival. How Carlos could you be? To want to drive away those that's been here before you found a way to crawl in. Before you struggle to claim a large space. The space you can't occupy—not even for too long if you schemingly made it in. Not for too long will she let you stay. Not for too long will this space you created remain.—not even for long my friend. I call you my friend because I choose to. I choose to acknowledge the role you play.—making room for my dearly friend and her sister.—not for long will you make this one a pain bearer.

you make this one a pain bearer
Not for long will the heart bleed for you. Not for long
will the vacuum you created last. Not even will this
pain bearer love the state you bring—the vibe you
maintain—the moments you ruin-the aches you cause
my heart. And the way you turn this one here into a
pain bearer.



L E T G O

I'm sorry friend, I have entertained you for longer than you deserve. And not expose you to the open. I have no regrets for doing so. Because, now, I have to let you go—go where you belong—if you have any. But if you don't, you can well off keep wandering till you may find a way to crawl into the heart of another and give them the dance you did me. And then, give them the name you'd love to. For as long as they can keep you. For as long as they would have a room for you and your every accomplice. Pain__>Hate__>Regret__>Malice__>Conversion__>Unsatisfaction__>Confusion__>Brooding. Before you bring them to your final state of torture, making them become your newest pain bearer.



WELCOMING MY FRIENDS

I'm happy my dearest friend is back. She managed to find her way back after many failed attempts—after she almost lost traces. This time, she brought with her, two other of her lovely sisters. Joy—> Happiness—> Love—> Peace.. Welcome, my dearest friends. I'm glad you are back. And this time, back for good. Back to stay. Back to not make this one a pain bearer. How long it took to welcome them.



CONCLUSION

What could I have known if I haven't known you? What could become of a heart that knows only one type of friend? I bet shallow and not adventurous.! My friend, I'm certain you have known this too. Now, I'm here reminiscing on the times you used to dwell within! The time it wasn't sunny but cloudy. I'm glad those days are gone too. Not with any nostalgia, but I think of you. Now my friends abide. It's just a warm, sunny and bright day with my dearest friends. Now, they aren't anymore pain bearer that lives here. We are filled and we are joyful. We are with my dearest friends.



P A I N B E A R E R / / .