



Black and Blue

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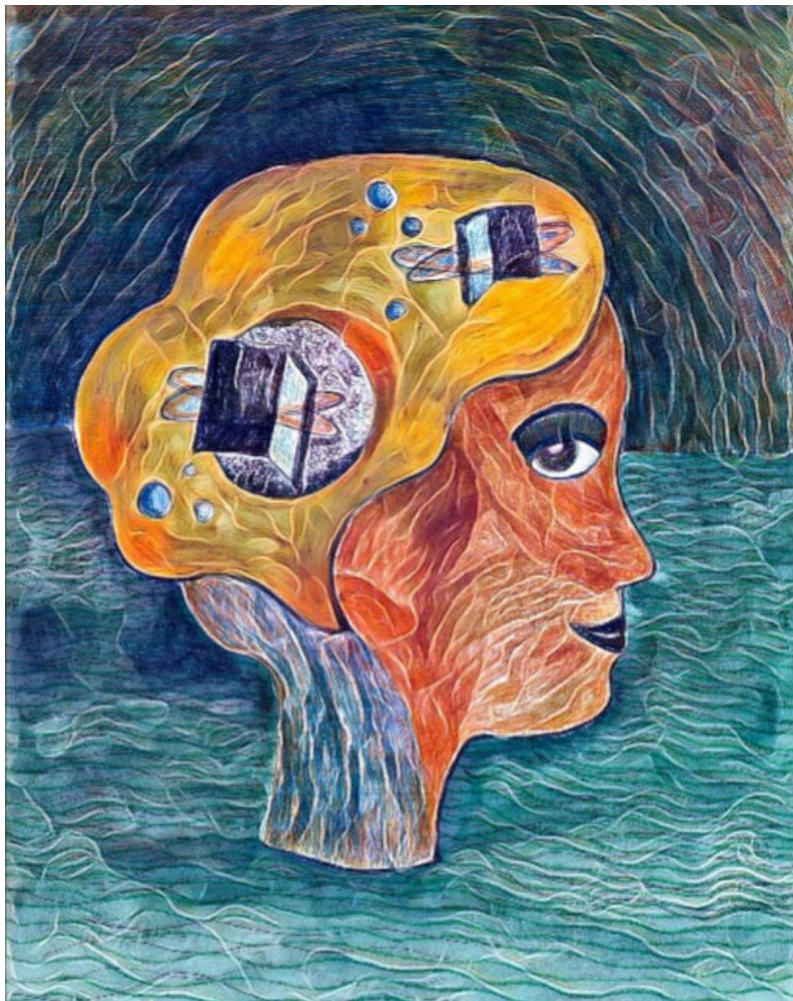
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Artwork credit: Ishita Mehra
Illustrator and mental health
youth advocate, It's Ok To Talk

The **Feel, Imagine, Think** initiative of RHiME encourages artists to submit their artwork to the editor for sharing with our readers. Readers are then invited to respond to the artwork based on the emotions evoked by it - responses can be in the form of poetry, prose, artwork, or any other artistic form.

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You're so bright, the yellow ball of fire lighting up the sky.
Why, thank you! Why? Help me.
A tiny bubble. An abysmal black hole.

Black and blue, it comes in waves.
The deep, dark space: The deep, dark space:
endless possibilities. a never ending void.

A limitless ocean, A limitless ocean,
teeming with life. ruthless and wild.

Black and blue, it's here to stay.
Missions and explorations, Vast and mighty,
the pretence of being in control. it's going to swallow you whole.

Divine & Unfathomable, Monotonous & Empty.
Look beyond the vibrant dye if you really want to see.
Unannounced popups, stirring trouble for no rhyme or reason,
are random thoughts, effortless and haphazard bouncing around in my head.
Black and blue, it's heartbreakingly symbolic.

The chaotic aftermath of a thoroughly dissected thought,
one foot flailing about irrationality, the other in the rational world.
Impenetrable, unnavigable murky halls, driven by the lull of false tranquillity,
Living in this messy threshold is a beautiful, remorseless insanity.
Black and blue, I'm tenuously fighting through.

Such a lovely picture: colourful hues, beautiful strokes
Oh, swirls and whorls, do they lead down the rabbit hole?
Calm and composed to panicky and hot flashes in nano seconds
We meet again, Anxiety, my friend.
Black and blue, till the bitter end.
