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## Extra poems

### Bipolar villanelle and Lithium

Rebecca Lawrence 

#### Bipolar villanelle

Such rhapsody is mine at last  
Yet not for long, my mind can tell,  
Pain and misery will hold me fast.

Cruel melancholia is past,  
the grinding sorrow, darkened hell  
Such rhapsody is mine at last.

But still I know with all the haste  
Of joy, that change will sound a knell,  
Pain and misery will hold me fast.

This drama has me quite outclassed,  
despite the times when all is well  
Such rhapsody is mine at last.

Soon complacent, then aghast  
By that returning vicious hell  
Pain and misery will hold me fast.

My life would clearly be a blast  
Without bipolar's nasty spell.  
Such rhapsody is mine at last  
Pain and misery will hold me fast.

#### Lithium

Lithium!  
Element and traitor  
What do you do to me?  
but soothe my tongue,  
belie my mind.

I see you  
stretching through the years  
at times abandoned  
white chalk hard  
What are you?

A two-faced mask  
stealing feelings  
You take my happiness  
and laugh at it  
through tears.

Metal, we are one.  
You have my joys, my sorrows,  
you make the night kind  
and the day that follows  
unremarkable.

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