



Radio Head

*I want to switch off the radio in my head
Kill the constant commentary
Black out the white noise
There's no music here anymore
No radio silence either*

*I want to smother my inner voice
The one that bullies me all the time:
Do this, don't do that
Stop. Shut up you moron
Don't embarrass yourself*

*I want to shred to pieces
the instruction manual inside
with detailed steps for
the most mundane of tasks*



Like putting clothes out to dry:

Step 1: Find clips

Step 2: Put cloth on clothesline

Step 3: Put clip on cloth

Step 

*I want to mute all audio devices inside
To hear the sound of my silence*

*So that when I'm perched atop a mountain
I can watch the snow covered peaks around for
hours Feel the wind paint goosebumps on my
flesh
Like it used to*