

# Cain and Abel – May 2020

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Catherine Heath

May 2020

Angry, violent, insane--

What's not to love?

He who wants to live--

*The most.*

Survival of the fittest;

Not blossom floating down

From up above,

But righteous fury;

Deadly hatred.

Cain and Abel

Are the jealous brothers,

Locked as rivals.

Furious

Not to have

Something out of reach.

Only losers get caught--

And our battles are fraught

With longing.

Do I die without living?

Or get locked in a mental institution,

Die alone in a mansion,

Never having known

What it is to be a friend?

The rain has left a pool of tears,

While you burn with a violent intensity,

*Too proud to say I do.*

I'm glad you pretended to be normal

--(They'd never let me marry a madman)--

*They care about me too much.*

She ran off with a madman!

*Why?*

They said.

Don't want to think too hard--

You'll get locked up.

Think in secret;

In letters,

In poetry,

In song.

They'll find out that they were wrong

When they eventually die.

Honour amongst thieves

(Never tell your parents).

We are the mighty girls,

Fighting to be free,

To fulfil our destiny.

**Credit:** Photo by [Elijah Hiatt](#) on [Unsplash](#)

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