

Promises, Promises

I would love to stay and chat
I said to my prattling thoughts
but I have promises to keep

I would love to lay and sulk and sleep
I said to my quiescent mind
but I have promises to keep

The promise was to help others
in their time of need
even if their particular time
might have overlapped with mine

I chastise my increasingly overwhelming thoughts
and carry on as though nothing's wrong
cuz what's the lassitude in my body
and the stridentness of my mind
compared to the promises that I must keep