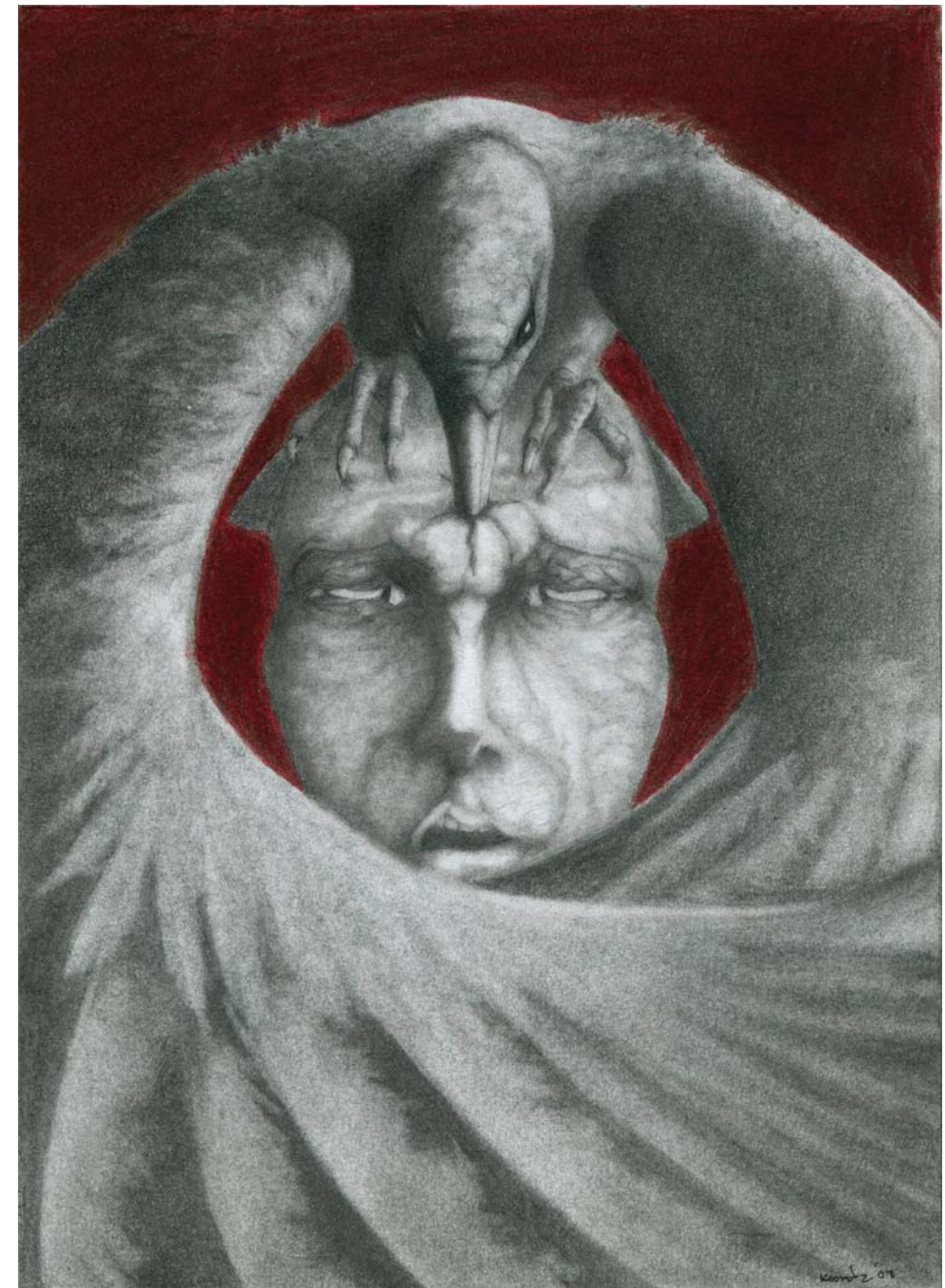


the monster lives inside of me  
laying wait for that special moment  
when he will rule  
my every thought  
my very being  
He is my master  
powerlessly I am pulled under  
by the waves  
of intense nausea  
electrical cross-circuitry  
a creeping skullcap of pain  
probing my mind with sledgehammer cures  
internal fireworks flash with great explosions of light  
I can no longer see  
this body is not my own  
I belong to the tyrant  
who savagely owns me  
for today.

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*J.D. Blue*  
Plano, Texas

*"Throughout my life I have had to stand by powerlessly watching loved-ones writhe in agony while their brain does the migraine short-circuit. My poetic expression gives voice to the victim bearing that unpredictable timer able to go off at any moment..."*



MIGRAINE ©2007 Colored Pencil & Graphite on Arches Sketch 8.5 by 11

*Mark J. Koontz*, Stanwood, Washington

*"What makes them different from an ordinary headache?" My description, "Like having a nail-studded corpse strapped to your head," didn't suffice, so I created a visual experience of migraine.*