**Menagerie minds**

An Eagle’s voice, a devilish voice,

a burden as heavy as a boulder:

‘I’ll steal away, steal away,

steal your dreams away.’

A Kingfisher’s voice, an angel’s voice,

a friend resting on my shoulder:

‘Just make a wish, make a wish,

make a wonderful wish.’

*So many characters in our heads,*

*fluttering their wings like birds.*

*All power and strength, a continual struggle,*

*like greedy, gluttonous Lairds.*

A Vulture’s voice, a witch’s voice,

a grandma’s face but older.

‘It’ll never work, never work,

never ever work.’

A Robin’s voice, a spirit’s voice,

a burning ember a smoulder.

‘Believe in yourself, believe in yourself,

really, really believe.’

*So many characters in our heads,*

*fluttering their wings like birds.*

*All power and strength, a continual struggle,*

*like greedy, gluttonous Lairds.*

A Magpie’s voice, a Snow Queen’s voice,

a sharp shard of ice but colder.

‘You’re going to fail, you’re going to fail,

you’re obviously going to fail.’

A wise owl’s voice, a sergeant’s voice,

a battle hardened soldier.

‘Remember the words of Winston Churchill –

‘Never, ever QUIT!’

Voices galloping across our minds

like wild, buffalo herds.

A black and white personality throng.

A menagerie of different birds.

Sorrowful songs and melancholy moods,

collections of poisonous words.

Happy harmonies and sweet sounding chords.

Minor sixths and major thirds.

*So many characters in our heads,*

*fluttering their wings like birds.*

*All power and strength, a continual struggle,*

*like greedy, gluttonous Lairds.*

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This poem is all about the different characters living inside our heads. Daily, they fight for supremacy. That’s why when somebody says or does something that’s unusual for them, we say ‘Totally out of character!’

I suppose it’s rather like the popular ‘Disney’ film, ‘Inside out!’

The strongest characters inside your head are usually the ones you FEED the most with your thoughts, emotions and actions!

