

Seeking Lifelines

Nicole Montgomery

The migraine begins as a stream,
a current moving slowly
through the canyon of
a peaceful neurological waterway.
Sensory signals flow together
the converging of a cranial confluence
as the fury of the sky unleashes
a downpour.

The current swells
and churns as I shield my eyes
to the lightning flashes
blinding me.

The water boils in my skull, searing
all perception as
the waves grow, mounting
their attack.

I must grasp tightly:
the capsizing is inevitable.

I am floundering, grasping
for any support, seeking lifelines—none
to be caught.

I scream in fear, the pain
unrelenting
like the burn of saltwater in the eyes.
As I struggle against the white-capped
migraine, I see my solution and
swim toward

my only chance
of salvation.

One last push
like a needle piercing an eye,
I grasp the stone
my pill,
pulling myself toward the heavens, the
comfort of my bed.

I lie on my back, focused only on

breathing,

slowly breathing.

Here I rest, awaiting the torrent
to subside.

Nicole Montgomery is a sophomore English teaching major at Northwestern College in Orange City, Iowa. She has been writing poetry since 8th grade, but began getting serious as a poet after an introductory creative writing class. She writes about various topics that give voices to the silent. She hopes that she may write about what matters and shed light on otherwise unnoticed suffering.