Counting their Beat

Count footsteps of protestors marching our streets Listen to bombs raining on racing heartbeats

Feel pulse of many million friends you've lost when your violence rained upon blameless heartbeats

Fight frustration of strapped nations lips taped shut aching to share, begging to spare precious heartbeats

Count sighs of the Bereaved nursing their grief cursing you- while praying for fading heartbeats

Count steps of fallen heroes never again to walk the streets never again to join loved ones in joyous heartbeats

Count their steps Count their breaths Count their beats

And then for as long as you shall live

Count their silence.