

# **Don't Stop Me from Crying**

Yesterday you stopped me from crying,

You thought it was a weak man's wail,

A child's insecurity,

A foolish man's choice.

But tears well up into one's heart from somewhere,

They never lie,

Their exercise is as fundamental as that of a breath,

As noble as a heartbeat's.

Let me cry and unburden myself -

I do not feel any shame,

No man is more human than his tears,

No man is smaller than his heart.

Suffern, New York, December 8, 2017

[www.kaulscorner.com](http://www.kaulscorner.com)

[maharaj.kaul@yahoo.com](mailto:maharaj.kaul@yahoo.com)