

Withstanding

How can a body withstand this?
By floating in water and letting waves
lap over with gentle caresses.

How can a heart withstand this?
By airing laundry of life's losses and
allowing sparrows to splash in puddles of grief.

How can a mother withstand this?
By gliding across the floor, shoulders back,
head high proclaiming dreams.

How can a daughter withstand this?
By infusing the stories with cayenne and ginger
and drinking the spiced brew.

How can a woman withstand this?
By relishing her body as primal
with power to birth the antidote to fear.

How can women withstand this?
By communing together with a new vision
chanting until a cloud of peace reigns.

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