

Living Grief

Living grief
Deep pain
Ever there

Empty,
Hollow
Alone

Violating thief
Behind,
Underneath
Above
Ahead

Deadening pretence
In callow
Disguise

Still and curious
SHE
Opens to
Collective felt tenderness
Evoking a flooding

Living process
Gentle and nuanced
Honouring and dignified
Present and reflective
Vulnerable, capable and
Wise

Mirrored throbbing receptacles
Of
Insidious, conspicuous and
Egregious transgressing

Simultaneously we witness
Systematically we refine
Decisively we separate
Exquisite and pure essence

From
Eons of patriarchal
Wounding
Broken connection and
Stinging isolation

Variegated into
Cauldrons
Of
Conjuring and enchantment

Integration and differentiation
Informing
Love for self
And
Each other

We are
Grieving, living and
Acting
In
Community

Transcendent surviving

Playing and laughing
Crying and rocking,
Stirring and cooking
Breathing and creating

Together!