

Losing Your Mother

Grieving, alone.

To lose the mother who brought you into this world is to lose
your self
yourself worth
your confidence
your identity
your past, present, future

To lose the mother and father who raised, nursed, housed, fed, educated,
scolded, hugged you, picked you up when needed, taught you right from wrong,
in short,

sacrificed themselves
for you

To lose the mother and father who raised you is to lose
your self
again
now
built through selfless, unconditional love
safe in the knowledge you are worthy of love.

Both leave you, as you arrived, as we all arrive, and leave,
alone
in anticipation of the journey ahead