

Loneliness is:



Loneliness is:
a tightness in my chest.
indescribable longing.
anger, frustration.
fear of failure.
always in the way.
making others uncomfortable.
dreaming with no one to share with.
stuck.
not enough for myself.
opening the same app as soon as I close it.
hunger.

Pandora's Box

Pandora's Box is practically bursting.
People warn me not to bother Her.
Alas, it's my weakness. Did curiosity really
kill the cat or
set Her free?
I'm no good with rules
So I open Her.
and I lose the lid.

She cannot be contained
She tells me
She was meant to Burn.

Her fire is a sight to behold
not everyone knows how to
let Her Be.

They try to put Her out, but
no one can contain

HOPE.





Still Waters Run Deep

How do I put my lid back on? I desire control, but dislike the notion nonetheless. Control feels restrictive. Like bars on my breasts.

I am hungry for air.

Thirsty for basic satisfaction.

A longing with nowhere to go.

If only I could turn my dis-ease into ease, my feeling of must to trust.

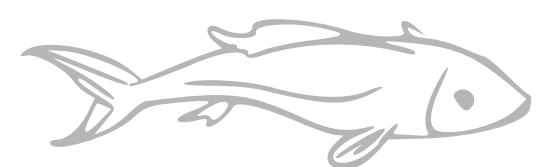
They say still waters run deep, and I am an ocean, with depths unimaginable.

I suppose the deeper I swim, the stiller I remain.

No longer drowning in my own waves. Finally able to see life outside of my own.

I won't drown. I am the ocean.

Deep and intense. Scaring some, freedom for others.



Practice

Practice in safe spaces
breathe in, breathe out

How do I shove expectations inside? All
that intensity has to go somewhere

Let's not limit and restrict

we all know how that goes

S P R E A D energy O U T: I deserve to be
shared

Look at

The trees saying hello

Cattails grounded and flexible in the wind

Feel

My breath going in and out of me

Discomfort

The space

Sister

She's the flame I'm still
learning to be

The fire I want to be
Soft with me

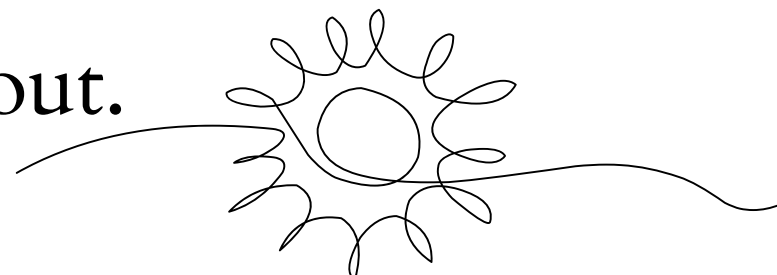


The mask she wears is one
of strength

We know she's tired

Rest, take a breath

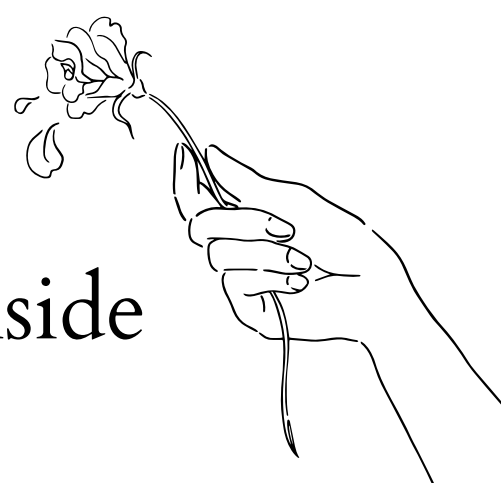
She's got time. Time to
figure it out.



In discomfort we meet
eyes

A silent signal

She rises, I fall inside



I wish I could return the
favor

I grieve my past rivalries
with her

Where was her protection
while protecting me from
rejection

The order should have
been reversed

but instead I was the first

You cry out in pain, I run

A rock never undone

You can be soft
no need to pretend

Vulnerability is my best
friend

Take the time
the S P A C E you need

Decide who you are
Change your mind
You're allowed

We flow together
Two raging rivers

Same origin, different
glimmers

I'm not going away
When plans go astray

You'll always have me,
Gabrielle Raye.