

Teardrops

Teardrops fall from my eyes
As I exit my first writing Meetup
How empowering to work amongst others.

Taking my gifts seriously,
Listening and channeling my emotions and thoughts
Into forms and structures,
That they might be released to others
As a blessing and help
Or just communication of my experience

So long, yes, so long
Have I let overpowering emotions
Stifle and strangle my work,
Not understanding how to acknowledge my feelings?
Let them be free like a butterfly leaving his chrysalis
To make me aware
And then move on,
Rather than trapped in my cage
Me paralyzed by the effort of holding the cage door shut.

How many wasted days that could have been creating beauty and meaning!

Tears of sorrow for the stifled past,
Tears of relief that the present brings freedom today and joy for tomorrow!

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