

revelation

Joy ushers in healing
is a radical emotion in
a world that fights
to put you in self-hatred mode.

self-care the weapon ever ready

i refuse to claw at myself and
find my joy in
unbound and non-descript
places
in ideas associations of word play and
life images filtered through an
artistic kaleidoscope lens

in the smiles of the familiar
that birthed me
and carried our dna through

i find my joy in comradery with folk
who struggle like me and
push pretense aside knowing resilience
answers real life questions

i find it most mornings
when the Spirit moves me through song and
i testify
to myself and cry

it's in the invisible wings of dragonflies
darting to and fro on invisible runways

i find joy by the river as i make up blues songs to sing to the trees

and as i was ambushed one morning
by a flock of bluebirds descending upon and then
taking flight from the luckiest of trees in the park
they came to remind me it's just around the corner

then just today
a red bird proudly appeared/ plopped down on a fence
and i thought of my ancestors
and smiled.