

Mother – Daughter

Mother, empty shell
needy, needy, needy
shattered in a million pieces
life filled with denial
too weak to experience
the pains or joys of life
sheltered, closed
unable to touch the beauty of life
unable to take in the love of a child
completely hidden by the protective armor
of the victimized feminine spirit
of so many generations.

Daughter, strong, vibrant, free
no longer a victim
healing the wounds of her past,
of her mother's past
yearning to heal the eternal wound
of Mother Earth's female warriors
this fighting spirit struggles
she cannot help her mother
but instead must let go
and heal her own spirit
be kind to her own wounded soul
and in so doing
heal the wounds of ages.