

Poem

Submission of Poem

"Love Begins with Me"

Love Shines in Grief Through Healing

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I did not know love until I knew loss
Grief shatters a person wide open
It exposes cracks
Uneven foundations
Holes that feel too big to fill
Love finds it's way back when we heal
When we choose ourselves first
Love can fill the cracks with hope instead darkness
Love can take a rocky foundation and make it stable
Love can take what appears to be a never ending hole and make it seem shallow
We grow roots in the cracks
We grow roots in the uneven parts of ourselves
We grow roots in the deepest and darkest parts of our soul
Love gives us the harvest
Love gives us the flower in our concrete
Love shows us no matter how dark we feel, we have light around us if we keep pushing through
There is beauty in what looks broken
We are all souls with cracks
We are all souls with shaky foundations
We are all souls with craters
Love shows us it's okay to grieve
We grieve because we loved
Love shows us if we can water our inner garden we can spread love to others openly
Love shows us we are all one
One person
One soul
One family
Forever connected by the roots laid out by love
Forever connected by those gone ahead of us
Their love carries the roots to our inner well being
Together we flourish
I did not know love until I knew loss
And now I know how to love freely
It starts with loving me
If I love myself as much as the love I had for who I lost
Then my love becomes infinite to give
To those still living and hurting
Love begins with me