

Listen to yourself

Jamie Heckert

Listen to yourself,
to the subtle flows
of emotion, desire
coursing through your body.
You need not conform
to any boxes, any borders.
Desires overflow
these simple lines
designed
to control,
to contain.

Love yourself,
what you bring to the world.
Voices may say,
"You're not good enough,
you're not doing it right."
They speak
from anger
from fear.
You need not hold
these words
in your belly.
Let them go,
when you are ready.

Practice yourself;
do what moves you.
Feel your breath, your body.
Touch your heart.
Caress your skin.
Take in the touch you need
of wind and water,
earth and sun,
food and drink,
hands and mouths.

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