

## Christine Gabriel

### I Am

Attending the Virginia Satir Global Network 2013 Annual Meeting is a decision that I will never regret. If I could write down everything I learned during the Annual Meeting, I could probably write a book about it. The Satir Essentials, the Enriching Program, the Temperature Reading, the beautiful people from all over the United States, Canada, Slovakia and from other amazing places. I could just write and write and write. But how am I going to describe my inner experience? How am I going to depict the powerful energy that I felt in the room? How can I talk about the universal connection that I felt during my family sculpting? How can I convey the beautiful miracle of each person whom I met? Or the healing that I experienced? How can I put into words the tireless effort of the board members? And the love of those I had a deep connection with? I am struggling to find the words for it. I am from Malaysia. I am a graduate student in the Marriage and Family Therapy Program at Seton Hill, Greensburg, Pennsylvania. And below is my story.

I am Christine  
And I am  
A basic miracle  
Just like the person  
Who is on my right  
And who is on my left  
He is a basic miracle  
She is a basic miracle  
You are a basic miracle

I traveled 10 000 miles from home  
Only to discover that  
Tears are still wet  
Blood is still red  
Head is on the top  
Feet are at the bottom  
Agony still sounds painful  
And laughter still sounds joyful

A sense of what is human  
Is still the same  
It is a basic miracle  
All others are just variations  
Just variations  
Of this theme  
The theme of basic miracle  
Race, nationality, culture,  
Gender, sexual orientation, class  
All these are just variations  
Just variations  
Of the basic miracle

I am angry, I want to scream  
I am sad, very very sad  
I want to cry  
When I see people take the variations  
And talk about them  
They talk about them  
As though they are the basics  
The basic miracles  
And grade them in terms of value  
They grade the variations  
That make them basic miracles  
They grade the basic miracles

I am a basic miracle  
He is a basic miracle  
She is a basic miracle  
You are a basic miracle  
Why then am I graded?  
Why then is he graded?  
Why then is she graded?  
Why then are you graded?  
Why?

I know why  
It is because  
I am involved in the grading  
I learned how to grade  
From my family  
From my teachers  
From my friends  
From society

I grade  
I grade myself  
I grade my looks  
I grade my intelligence  
I grade my emotions  
I grade my worthiness  
I grade me

So,  
I am a basic miracle  
Only when I can start  
Honoring every part of my Self

I Am

Valuing every part of my Self  
Loving every part of my Self  
Only when I can start doing that  
Then I can start  
Honoring every part of him  
Valuing every part of her  
And loving every part of you

It starts with me  
My vulnerability  
It starts with me  
My authenticity  
It starts with me  
My worthiness  
It starts with me  
And I have started

I am Christine  
And I am a basic miracle.