

Earth Magic

I am walking then shuffling
Through one of those days,
Like a deer caught in the headlights
Trauma wandering in the haze

And the weight of it all
Has got me down on my knees,
So I'm willfully choosing
To come apart at the seams

'Cause down here on the ground
I am humbled to bone,
And the Earth is clearly calling me
Closer to home.

So I breathe in the scent
Of the dark fecund soil,
Let the Earth do her magic
To make me once again whole.

Here on my knees
Surrendered to Life,
I willingly accept
The exorcism of the knife.

To cut out the cancer
That is wounding the soul,
Letting the Earth do her magic
To once again make me whole.
Let the Earth do her magic to
Once again make me whole.

Bleeding and weeping
Mother's soil becomes mud
The then softened loam
Forms to shore me up

And the one that was shuffling
Through one of those days
Now thick-thighed and stable
And completely unfazed

Palms to the earth
Bowed by head and by soul
Homage to the Earth and her magic
For once again making me whole.