

The EOLWA Insider

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advice from a rainbow

by Alison Jennings



come with your own things (Ntozake Shange)

this is my hard time,

**Roethke tells me, so I must
write myself to freedom,**

**words prying open the mind
behind closed gates—**

**doughty oxen
ploughing through grief
toward new self-creation,**

**inventing my own fun,
but beware of blind optimism:**

**what looks good now
may not be what's best
when notarized within a deed;**

**find a private oasis
in the desert of suffering
where you can think—if**

teetering on a precipice of panic

**stop contradicting—
do the work of living well**

**everything changes
everything is connected**

**embrace difficulty
with measured acceptance**

**weighing out which stones
you're able to carry . . .**

(with thanks to Imani Perry and Peter Rosenberger)