

## THE HIDDEN TEACHER

Five years ago my demon lived,  
But the scars from the fears remain,  
I am reminded during illness,  
My mind cripples with a cane.

I woke up to pain,  
Feeling raw and weak,  
I still needed to get up,  
Apparently, I was at my peak.

My body had betrayed me,  
I could not trust it  
To do the normal things,  
Therefore, I forfeit.

Always crying because it hurt,  
I could not eat, run or drink,  
Can't be a normal 21 year old,  
Definitely eligible for a shrink.

When my health was in danger,  
Ambition for my career had a drop,  
I just wanted to be healthy,  
I didn't care to be on top.

In a relationship,  
Who would want me like this?  
I NEED to know he won't leave me,  
If I lose everything and have no bliss

Succumbing to him,  
As he was the only one to hold my tears,  
Gave me the space and listened,  
Lack of reassurance, fed my fears.

This fear floods into my being,

Even now, I project what if  
Wondering if he will stay,  
I obsess and make my needs stiff.

But I can't live like this,  
I have to face my fears,  
I have to choose to live in love,  
Self-compassion, bring on my tears.

IN MY LIVED EXPERIENCE I AM SAYING TO YOU...

No matter what,  
We must love ourselves through our pains,  
Feel it to heal it,  
Transform our scar leaking stains.

I forgive my demon,  
It was my greatest teacher,  
Another gift of empathy,  
My core's beautiful feature.