

Message to My Body

It took a long time
for me to say this

but I do appreciate you—
you have tested me

ever since my first push
into this world. Born less than
five pounds, tonsillectomy
at seven, childhood trauma,

incompetent cervix
leaving me on bedrest
for three pregnancies
then three cesareans,
bout of breast cancer,
then blood cancer.

Over and over again
you tested me and I've
pulled through.

My will to survive
will get me through
as I refuse to be the victim,
but rather invite the light right in.