

## **Who You Are**

Breathe deep

Breathe and remember who you are, how far you've come and what you aspire to be

Breathe and remember that you, dear child, are a warrior

A Healer by nature

You are what the Ancestors made you, you are where they have guided you to be

Breathe in that air, sweet with life

Open your ears child

Open your ears and listen as She speaks to you

Those whispers in the trees, the chatter of the birds, the swish of the water as it flows by

Open your ears Child, and hear Her, as She speaks through the Earth

Understand that you are Power. You sweet Woman. You are Magick.

Breathe deep of the air that sustains you and listen for the hushed words of our Mother, words  
that guide you. Show you the way

You are stronger than you know, more powerful than those before you could have ever  
imagined.

The Ancestors work through you, Through Others like you

Your sisters, your brothers, your kin

As you step forward into the Unknown, know this; You are Not Alone Dear

You, who have never felt as if you knew your place in this world

You, Sweet Lady

You, Aunty

You, Sister

You, Matriarch

You... wonderous Lifegiver

Pause. Breathe deep. Exhale the doubt...

You are not alone; you are not drowning. You shall not fade away

You will not shatter under the pressure

Reach out and feel the presence of those who would hold you close

Feel the Magicks that surround you, that embrace you

That Are You!

Reach deep within, lovely girl, and remember Who you are

What you are

Why you were brought into this world

You have a job to do, a journey to take, a path to walk... and you must forge on

Giving up is not an option... no longer a choice

Passionate woman, you are everything your bloodline has been waiting for

Break those chains!

Smash that ceiling!

Tear those tethers to shreds!

This cycle of shame, this cesspool of hate

It must end with you. Let it end with you

You are the warrior the Ancestors whispered into existence, the one you needed when you were  
small  
Be the one to scream STOP!  
NO MORE!  
Be the Saviour you prayed for, yet never saw light of

So that no other may have to carry your burden, the burden gifted to you by broken souls  
Raise up your feather now, powerful woman, embrace these medicines  
Heal your wounds, so that those who walk behind you may not have to bleed from them too  
Raise up your feather now Mama, so your children needn't raise up their swords

(Written by: Chera-Lee Pottinger 2020)