



Vulnerable

by Anouk Macchetti

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And so I stand here, before you Vulnerable
I lay down my mask
My busy-ness, my perfect life

I lay down the judgments that have kept me safe
these many years My tribal belonging
I dismantle those artfully erected edifices
Behind which I hid in the name of “me”

It is cold out here
Naked, in the rain
I want to flinch and turn away
But I stay
I show you the colour of my soul
The texture of my beating heart
Please be gentle

It is not an easy place to be
But sometimes,
Those times worth having,
It is the only place worth being
To look at ourselves in the looking glass
Under a light clear as water
To hold our fear, our love, our hopes, our joys and
mistakes With the whole of us

And, this is the test,
To show ourselves so to others
To lay everything on the line
With courage and with faith and with
compassion

For there will be those who turn away
But for those of us who chose to stay
This is were we grow
Truly

This is were we come to a new freedom
Our souls arc upwards
Free of their chrysalises and take flight
Gift of gifts, we come to know ourselves and each
other Vulnerable
And unbounded beyond belief.