

## **Bleeding out the Wound until the Pain is Drained**

I found out today that my beautiful, 17 year-old niece  
Has been cutting  
Up and down the sacred arm  
She uses to nurture her little cousins  
The same arm that, I have heard  
Writes poetry so deep even the hardened would weep.

We have this in common,  
She and I  
A need to give voice to the wound  
Or actions when sorrow is deeper than words can hold.

What is it about us women  
That makes us turn our pain inward  
Adding blood to a fire that already burns too hot?  
If we were men we could easily heed to biological impulses,  
Build power in pain as we aggress against others.  
But our genes push for connection, community,  
belonging.

So we bite our tongues  
To save relationship.  
Wail into pillows,  
Blast music hard and loud to exorcise the rage.  
And when even that doesn't work  
We take razor to wrist  
Like charlatans of old  
Trying to bleed out the wound until suffering is drained  
Or at the very least  
Numbed for a time.

My head tells me I should give her some sage advice.  
I am, after all, 30 years her senior,  
And know a thing or two about opening skin to bleed out the wound.

But, were it possible,  
Instead I would open my heart  
Expose this precious love  
And this root of my root feral protectiveness,  
This blood of my blood belongingness,  
Simmer it down to an essential drop I could place beneath her tongue  
Like sublingual medicine quick to bloodstream  
So that even her cells and very DNA

Could know the truth that  
No matter how bereft she may feel in any transitory moment  
She is deeply loved and deeply matters.

But, I am a therapist not an alchemist,  
And I do not have an essential drop to give her.  
All I have are words to give voice  
And a prayer to whatever gods exist  
That my words be the drop  
That bleeds the wound until the pain is drained.

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