

Katabasis

To me on the other side,

Please know
I tried my best, and I'm sorry
this is happening when it is.

Please remember
you are only one of countless souls,
reflecting in your eye,
a warmth to overcome the cold.

Please know
the contradictions deep inside of you,
that love exists in the tension,
that oblivion can be craved and abhorred,
that life only exists
 when it does not know
 if it will wake up tomorrow.

Please remember
to be gentle with yourself,
and others, while they (you)
navigate the labyrinths.

Please forgive
everyone who left,
your immensities are nothing short of a gift,
that not everyone can understand.

Please remember
that no matter how hard you try,
no one will ever know what it's like ...
no story,
 no song,
 no poem
will ever communicate your totality.

Please know
that no matter how far away,
no matter how much of an alien
you feel like, you are not alone.

Please remember
that people love you now,
they loved you back then—
for the rest of your life,
you will be loved by someone.

Please forgive
this world and its absurdity.
Everyday should be regarded
as a triumph over the dark.

Never let go of your sensitivities.
Never let go of your romance.
Never push down the child that you are,
even in your old age,
dance in the rain.

Hold these things close,
and greet the psychoneurotics
with an open mind
and an open heart.

Lay down in the grass,
and watch the Sun rise over Eden.