

LBRIS

We know
books

Also by Donna Ashworth:

To the Women

The Right Words

I Wish I Knew

Life

Love

Loss

Wild Hope

DONNA
ASHWORTH
Growing
Brave

Black&White

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WHERE BRAVE BEGINS

In childhood, it is simple
when *loved* we are brave
when love is absent, we are *afraid*

in teenage years, it is black and white
we are brave when we feel held tight
but when left to fly without a net
we are reckless
or riddled with fear
each story as sad as the other to hear

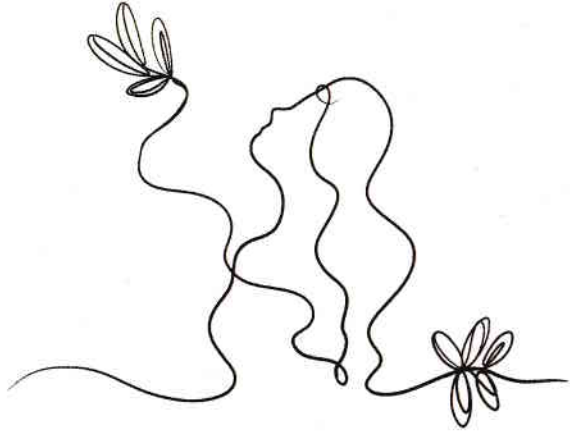
in adulthood, things get complicated

we are brave (*so brave*) for others
we got that courage from our mothers, and fathers
but we lack that childlike bravery for *self*

as though we swapped it for adulthood
maybe if we understood
that life is not supposed to be lived in fear
we could find that source again?

perhaps the journey back to brave
is a journey back to inner child
to push out fear and invite the *wild* back in
to remember we are of the same
all players in Mother Nature's game

so maybe brave begins, then
when we begin, again
loving what is us.



BRAVE

It is, without doubt, brave, to repeat this *living* every day. To put one foot in front of the other and *carry on*, over and over. It is, without doubt, courageous to love again, when you almost lost yourself to loss. And it is, unquestionably lion-hearted of you to keep trying, to show up, to come back, to venture into new when you have been burned many times, sweet one. People who jump off mountains are adventurous, adrenalin-seeking, thrill-riders, but you, you are **brave**. I hope you let yourself know it today, and every day you show your face to the light, when darkness is calling you back.

LETTING LIGHT FLOOD IN

It is an act of great courage
to paint or write
or create anything
from your heart

but once you start

it will be like sunshine
cracking through a boarded-up window
letting light flood in

just begin

and when the judges come to rain
their deeply held pain
on that beautiful bright window frame
you made

let them
do not dare fret them

you have much higher things to focus upon
and even after that window is long gone
your song will still play

to those who can hear beauty

and you will win
this game we are in

because you let the light flood in.

LBRIS

We know
books

I wish you the bravery
to unstitch the suit they
wove for you and restitch
it to fit *yourself* in all
your unearthed glory.



I WANT TO LISTEN

If you ever want to talk
about the person you are missing
I want to listen, *always*
and as you do this talking
they come alive again, for me
whether I knew them or not
your love, your stories
your picture painting of them works
and the air around me fills with an energy
that is life-affirming and joyful
I can't explain the science
but I can only assure you of the effect
it's real
they are real
and if you ever want to talk about them
in that energy effusive
enthusiastic way that you do
I want to listen.