

I Hope for a Better World

Can I hope. for a better world?

I did not change

because I wanted to.

I did not change

because I was ready.

I changed

because the old shape

could no longer define me.

I outgrew what I once was,

not all at once,

not by force,

step by step,
moment by moment,
word by word,
choice by choice,

not alone.

I am not alone.

We do not change
because pain wants us to.

We change
when the shape that helped us survive
can no longer hold
the life trying to continue.

Hand by hand,
step by step,
breath by breath,
choice by choice,

we move forward,
not alone.

We are finite.

We hurt.

We change imperfectly.

We live beside each other.

A better world is not guaranteed.

We love.

We grieve.

We share.

We hope.

Hope in a better world,
not because it is promised,
but because it can be made.

We hope.

Not because it is promised,

We hope
to build
a better world.

The world came in too fast today
Every wound had found my name
Every screen became a window
Every window filled with flame

Too much blood
Too much blame
Too many voices
Calling my name

Look this way
Look this way
Look this way

My body heard it all at once
Like sirens under skin
I tried to care for everything
And lost the room I'm in

Panic in my chest again
Static in my hands
The signal floods the body
And the body can't withstand

I reached for every drowning hand
But the water took my breath
I thought that care meant sinking too
I mistook panic for depth

You can't help the world
If you disappear
You can't pull them from the water
If you drown inside their fear

Find your breath

Find the floor

Find the room you're living for

Self-care is not neglecting the world

It's how I stay enough to return

It's how I keep one hand above water

When everything starts to burn

You can't save the drowning

By letting them pull you under

You can't heal the thunder

By breaking in the storm

One breath

One room

One hand against the floor

The world is still burning

But I can't hold it all anymore

Not because I do not love it

Not because I do not care

But I am only one body

Trying to breathe the same air

You can't help the world

If you disappear

You can't pull them from the water

If you drown inside their fear

Find your breath

Find the floor

Find the room you're living for

Self-care is not leaving the world

It's learning how to stay

Without letting all the sorrow

Drag the living part away

So I'll breathe
Before I reach
I'll stand
Before I speak

I'll keep my head above the water
So my hand can still mean help
I will not call it kindness
To abandon myself