

“A Year of Loss” [on the eve of my 63rd birthday]

I lost my mind.
 I lost my spirit.
I lost my confidence
I lost my power
—and control.

I lost my ovaries
and also my uterus
and a few other parts
they told me I don't need.

I lost a bit of breast
[and maybe more]
a bit of trust
in Divine Source Energy.

I lost my way.
I lost my plan.
It's been a year
[it's been a lifetime. . . .]

I lost my friend
and then another
and another
and another
and another
and another. . . .

I lost my Mom
 —loss of Faith—
I lost my phone
 —loss of Hope—
I lost my will
to keep on losing.

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