

## Therapy cries

They're precise / holding  
what needed to be picked up / placing me  
in a constellation of clarity / sometimes  
it's okay to admit something is hard  
without silver ink / for somber and for-the-better  
to be adjacent / to admit I'm proud  
and not helicopter parent myself

(...still working on this)

/ to remember I reflect further than mirrors know

\ maybe then I can step out of, and sit next to,  
the waters.

*Jasdev Singh (2020)*