

A Pulse Beneath the Rubble

By: Samantha Redding

Joy
Drains from my empty body
As I sob and wonder if it will end,
Or if its reign of terror has only begun.

Hope
Crumbles as my body hits the floor
As I lie there wondering if this will kill me,
Or if existence is worth it at all.

Excitement
Matures into dread and fear
As I question if this vial will save me,
Or bring more harm to me, or the life I carry.

Awe
Shatters like my veins
As I wince and wonder if the next will go in,
Or if my body has finally given up.

Bliss
Escapes my soul
As I sink deeper into isolation, wondering when I'll see them again,
Or if they've already forgotten me.

Bliss
Begins to return
As my tears are wiped away
And I melt into my husband's arms.

Awe
Returns in quiet flutters,
As I embrace those kicks with gently placed hands
And feel the precious life within me.

Excitement
Stirs once more
As my daughter becomes a proud sister,
And I cradle her as she sings sweet songs into my belly.

Hope
Finds its way back
As this chapter nears its end,
And I begin to uncover myself beneath the rubble.

Joy
Returns
As I look back
And recognize glimmers of life return to my soul once again.