

Spectrum that embraces

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Dawn's welcoming rays invite a new beginning,
Between dawn and dusk lie spaces embracing night and day.
Meditative walks reveal blending hues
Where shades of green meet browning leaves.

Wrapped-up warmth conceals truths unravelled,
Curiosity stirs on paths less travelled.
For some, the browning floor evokes suspicion of what lies beneath.
Judgement curtails the embrace, like an overbearing sheath.
For others, the changing textures, neither rough nor smooth offer
something in between.

Citation Link

Questioning paths prevail;
Rough ground hurts one's feet,
Coldness evokes a lasting inhale.
Seeping tears emerge,
Like rain carving new roads through leaves and stone.
To be questioned, existing within margins.
Lost within the woods - smiling faces bring good fortune.

Yet the wind brings whispers and roars that intertwine,
Dominance threatens like an overbearing freeze
Thawing thoughts birth anew.
Assigned boundaries attempt to confine the light,
Yet the widening spectrum lets the rays prevail.

Looking up, one celebrates the endless cascade of colour
The familiar and ever-expanding horizon.
A kaleidoscope of difference merges and expands, perhaps frightening,
But in embracing the unknown spectrum, we find the enlightened.

This is a poem that was originally written after a walk, when I was thinking about a racial abuse experience I recently encountered. I write my thoughts and poems on the go, on my iPad. I was reflecting on the splitting positions around difference, the brown leaves depict my skin. The poem can however be read through lenses of many other differences. I recently amended my original poem whilst thinking about the beyond binaries brief given a call for submissions.

About the author

Shakira Nkanang is a Systemic Psychotherapist with 20 years of experience in social care. She works part-time with an Independent Fostering Agency, providing training, therapy for foster carers, and systemic consultations for professionals. Shakira also manages a private practice, offering collaborative systemic psychotherapy for individuals, families, and those in intimate relationships.

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