

Louisa Clerici

Everything Hurts

Everything hurts.
Maybe that is the secret,
knowing and allowing it,
but this evening I am unsure.

My knees ache, full force.
Tonight's torture will create sleepless dreams,
lying awake, wondering why,
there will be no more jumping, running.

I will walk through this life,
finding joy in each daily sunrise.
On good days the colors of the morning
bring tears to my eyes,
the view too beautiful to hold.

Notice the man who has lived a full life.
He keeps smiling, keeps permitting himself to cry.
Doesn't report any longer on the evildoers,
instead turns himself away from daily trouble.

There is a window on this world,
where all can go to see, yet few dare gaze.
The view turns eyes from misery and secrets,
requires leaving the future and past alone.

Equanimity becomes a beautiful deep well.
The will to break from pain forming slowly with clarity,
with no more use for suffering,
it is not the penalty of life,
knowing, allowing, appreciating how everything hurts.

Louisa Clerici's poetry has been published in literary anthologies and magazines including Carolina Woman Magazine, Ibbetson Street #33, #37, #38 and #41, City Lights, Davis California Book Project, Muddy River Poetry Review #13, Off the Coast, Bagels with the Bard- #4-#11, Something's Brewing, Objects in the Rear View Mirror, Oddball Magazine, Tidepool Poets, Unlocking the Poem and The Boston Poet. Her work was featured at the SWAN 2013- Support Women Artists Now event and was chosen for the Boston - Mayor's Prose & Poetry Program commemorating the Boston Marathon tragedy. Louisa's work was performed at the National Poetry Slam in Austin, Texas and

her poetry was chosen for The Plymouth Center for the Arts, Visual Inverse Program, 2012 – 2017. Her poem won the Visual Inverse Popular Vote in 2013. Louisa presented at the Massachusetts Poetry Festival in 2012 and was the featured poet at the 7th Poetry Showcase, “The Art of Words” in Plymouth, MA. Louisa is a board member of the Plymouth Center for the Arts. Her articles on the South Shore art scene have appeared in newspapers, including the Old Colony Memorial and Wicked Local. Louisa works as a therapist and sleep educator at Clear Mind Systems in Plymouth, MA. www.clearmindsystems.net