

A Culture of Worries

Of all vices we've encouraged
Since bending to plant seed
The worst is worry
Mindless worry has been
Sold to us like anti-aging and grain
Fooled into believing it is care
To see worry as love

True care gives and receives warmth
True love gives and receives fire fueled joy
Worry is that selfish deadweight fear
A blackout curtain in bright summer

The worst of worry is what it does to women
Generations ruined in pointless worst case protection
Mother to daughter to son to Father to Mother
Fear fueled what ifs
Countermanding instinct and good sense
Now our loudest rasping voice is worry
The most constant sound a drumbeat of fretting

We may never escape its leaden vibration
But we can try
Try to see worry as it arises within us
And rather than feed it, reassure it
Remind ourselves that nothing lasts forever
Nothing is ever as bad as our imagined worst cases
And that we have a choice
We can decide whether we allow our concerns
To consume us and all we love
Or to see them, reassure them, watch them fade
Under the light of our wisdom



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The Pangolin Review; Issue 8. January 8. 2019