I am my daughter and I am so strong

I see my hair as her hair that grew long

Sometimes protection, my ink to your squids

Carries my secrets, and hers, and her kids

Breathe in I am proud

Breathe out I am calm

Breathe in I can sing

New unwritten psalms

Breathe in I can dance

Breathe out on my own

Breathe in I am me

Nice to meet you dear unknown.

I am my mother and I am so strong

I yell I’m right when I know they are wrong

I see myself as a 90 year old me

Laughing with wrinkles and tea and honey

Like to look back on my life now and then

I see my 30 year self as a 10

I used to pick out my asymmetry

Sometimes I didn’t quite like what was seen

I wish I could grab dear 30 year me

Slap her up straight, grab her arm, make her see

Wake up I’m telling you now breathe in deep

This is the youest you that you could be!

If you would just slide down the slopes, you would see

Don’t need no ropes and you don’t need no tree

Arms are your beaches and trunks are your knees

Climb up yourself and explore tenderly

Soon you will see - hope it’s before 90

You, even unbalanced, you, are a queen.