

***My Inner Doula Says\****

Avoid the news before bedtime.  
Is ambition a useful word?  
The really good exists without effort.  
And always we begin again.

Is ambition a useful word?  
I chop okra and sing to myself.  
And always we begin again.  
Perfection is its own crucifixion.

I chop okra and sing to myself.  
Flossing adds ten years to your life.  
Perfection is its own crucifixion.  
I want to show you something beautiful.

Flossing adds ten years to your life.  
An albatross flies while sleeping.  
I want to show you something beautiful.  
Every sound comes from two things striking.

An albatross flies while sleeping.  
Leaves of silk trees fold when touched.  
Every sound comes from two things striking.  
I beat my pillow and weep.

Leaves of silk trees fold when touched.  
The really good exists without effort.  
I beat my pillow and weep.  
Please, avoid the news before bedtime.

\* from the Greek, the most important female servant, the one  
who supported a mother prior to, during, and after childbirth.

**Maria Fire**