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The Long Way Home

Jillmarie Kawaoka
College of DuPage

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Today I took the long way.

I had a long talk with the trees.

I released some long-held disease that had become
part of my cellular being

to create space,

to welcome fragmented parts of my soul back to my body.

Finding and recreating wholeness,

the embodiment of the light and divinity that is my birthright,

my true essence,

my true nature,

so that I may live out my life

at home in my own skin.