

IN THE NAME OF TRUTHFUL EXPRESSION

I feel like I'm drowning in shallow depths,
perfectionism taints creativity with heavy strokes.

I want you to drop deep, deep down,
into the richness of your intuitive gut,
and speak to me from that place..

For it is the cuts and cracks and moments on your knees that trigger my soul.
I'll show you mine if you show me yours..

I am smothered by a smooth grey concrete wall,
stretching long and round.

It forces me to turn inward,
to the very depths of ancient emotion,
brought forth like a collection of sorrows.

But each sorrow is a gift,
a powerful reminder that I am connected to an existence,
made of more,
much more,
..than this.

Something resides and awaits in readiness in me,
Just as it does in You.

Something Divine.
Something Profound.
Something Real.

So real, that you can no longer survive in meek murmurs.
So real, that to do so, inches your strong heart into sadness.

And it is here,
in this cavernous moving melancholy,
we find our voice.

Our inklings of being a purposeful creation emerge as loud thunderous beats of
the heart.

Each breath becomes so full and true,
they roll out of us like a rumbling storm.
And our souls roar with delight,

finally reawakened with the long forgotten truth,
that we are Wild and Free.

We are not of false screens of perfection.
We are Goddesses of Expression.

With powerful bodies,
lusty memories,
primeval knowledge,
and divine truth.

Truth so magnificent that to touch it and speak it and revel in it,
is to witness the strike of lightening.

Immerse yourself Goddess,
immerse yourself in your own glorious depths.

Of emotion,
exquisite pain,
and the ache of your deliberate soul.

For it is your greatness that burns brightest,
and the embers of self glow only to take you to sage ground.

Hear your soul speak.
Stir from that place,
so we can stand strong in our own spectacular oneness.

Let us be large and fulminating,
so as to pierce resolutely,
into the foregone wisdom,
of those around us.

Let us all expand into celebration of self,
and unite full-mouthed and firm.

Brave and in awe of the absolute beauty,
in un-guarding our soul in the name of Truthful expression.



Megan Gogoll from Show Me Your Diamond and Leah Davies from Paper Planes Connect and are on a mission to breathe life into the lost art of poetry. Through their project #poetic, they aim to encourage freedom of expression and spread poetry far and wide to inspire bloggers and online entrepreneurs alike to express themselves authentically and to connect genuinely with their readers through deep revelations of the heart and soul.

To indulge creatively and connect with your inner poet, follow #poetic during August at [@paperplanesconnect](https://twitter.com/paperplanesconnect) and [@meeegsgogoll](https://twitter.com/meeegsgogoll).