# What Is the Part of Us

What is the part of us
That can rebuild this broken house

Is there a poem for that?

What is the part of us
Where poetry comes from

What is the part of us
That compels us to uplift our words with human voice

What is the part of my 4 yr old son
That makes him say after our bedtime story
“I don't need a Goodnight hug and kiss tonight, daddy.....

I'm still filled with love from last night!

Is there a poem that can help us feel so filled with love
we don’t seek it from others?

Is there a poem that can help us fill each other with love?

What is the part of us that can be be so filled with love
We stop trying to fill that hole with with other people

I know loved people are brave
Today we need bravery

I know loved people are strong
Today we need strength

I know loved people are inspired
Today we need inspiration

I know loved people have
authentic connections with people and the land
We will need authenticity

I know loved people hold each other dearly
We will need to be held

What is the part of Harry Potter
That defeated “he who shall not be named?”
We need that part today

What is the part of us
That can teach us to be our own heroes
Not look for one in others

What is the part of us
In all of us

That can help us rebuild this broken house?

Is there a poem for that?


## Keith Mar

Keith Mar is a Chinese-American spoken word poet, psychotherapist, and professor who uses poetry to ask questions about race, identity, self-love, and social justice. He has used his poetry and personal stories to enhance the cultural sensitivity of his graduate students. Keith believes that the spoken word can comfort, heal, and confront the past, build bridges between communities, help celebrate roots, and inspire a sense of social connection at a time when our culture is urgently in need of it. Keith has been a featured poet on television and radio programs, literary readings, Open Mics, storytelling events, and at venues including NYU, Pacifica Graduate Institute, UCSB Multicultural Center, Antioch University, Santa Barbara Community College Center for Equity, and the Chicago Literary Complex. He has co-hosted an annual Asian American, Native Hawaiian Pacific Islander Heritage Month poetry celebration for the last 5 years. He also co-hosts a monthly virtual open mic, Yellow, centering Asian voices.



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