Liquid Light

I rose to the top,
Nothing could stop,
Now swimming in diamonds and liquid light,
I step out naked and anointed,
Here appointed,
The disjointed is now done,
I have arisen like the sun,

I am happy,
I am free,
I am prosperity,
The full circle journey brought me back to Thee,

The return of a savior,
Nothing external did save her,
I will savor the delights of the journey,
The hero that is within,
The dragon waiting to take me flying on his wings,
The demon—not the demise,
Only an entity to analyze,
To gain the gift of wisdom, contrast, expansion and growth,
I now open up my mouth and clear the last congestion out of my throat,

Now swimming in the light,
The ultimate luxury and delight,
The baby and the bite,
All of it needed to take flight,
Look up! Look up! at the stars in the night,
And you will see me,
Twinkling and bright,
Dancing in the light,

The moonlight upon the lake,
Nothing in our journey will ever forsake,
Every step needed and perfect too,
Our journey is the circle that will bring us back to—
The Light,
Found within the beautiful fight,
Now swimming in diamonds and liquid light.

Shawna + The Light

Shawna and The Light is a writer and spoken word poet from Vancouver, Canada who in 2023 will be releasing her two debut collections titled, *The Rage and The Resurrection* and *For The Ones Who Think They Are Broken*. Her poetry offers a unique combination of depth and dimension by fusing both the personal and practical perspective of her human self with the higher and broader perspective of her spirit self. As someone who experiences emotions deeply and intensely, Shawna struggled with anxiety, anger and emotional overwhelm throughout her life. Through her tumultuous and unconventional path, she has learned that emotions are not in need of *fixing* and *repressing* as the world so often teaches, but of *feeling* and *expressing*. Shawna is Reiki Master Certified with a BA in Psychology from Simon Fraser University. Through both her poetry and energy work practice, her aim is to bring inspiration and insight to others as they walk their own path through darkness and light. To learn more, please visit her website at ShawnaAndTheLight.com

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