photo by J. Byrd[2]

v. kali nuriga

life

the journey can be

the longest mile or a vacation

the search

a maze or a treasure hunt

it's all up to you

if you continue to breathe

the sweetness will pull you

through

will guide you

as you continue to breathe

the sweetness will become you

when you continue to breathe

you will learn

that the last sweetness ain't really

the last

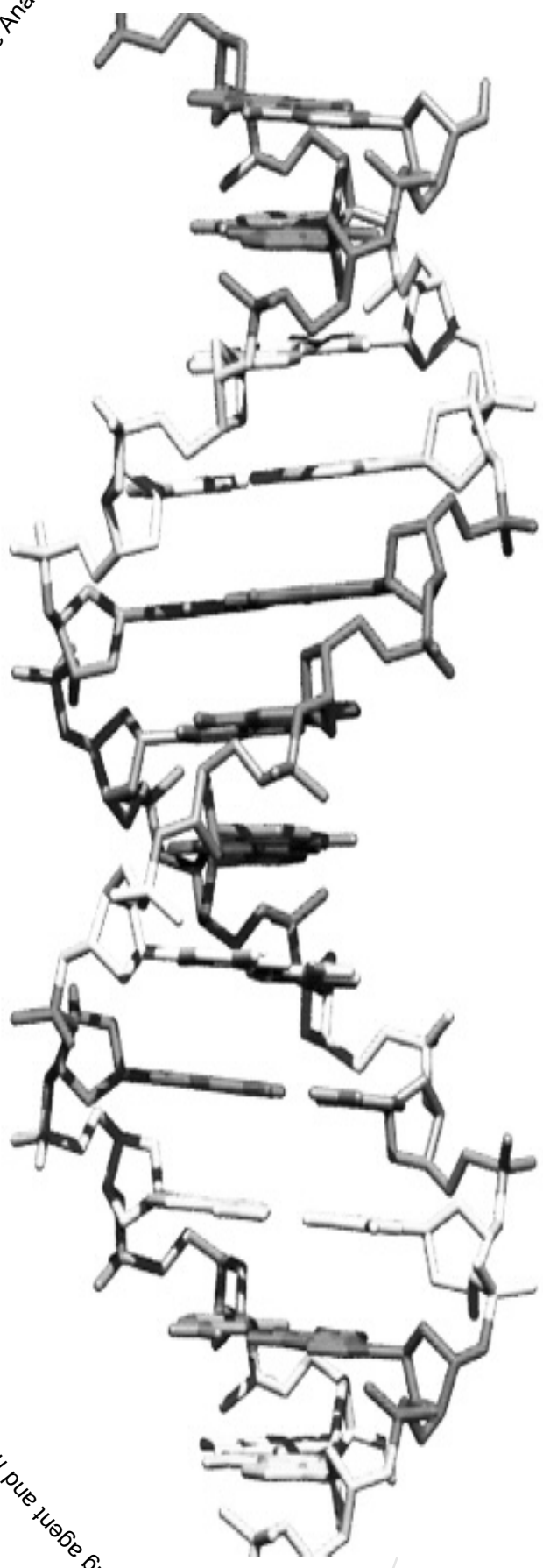
just the one before the next

so i continue to breathe

and remember the sweetness

whether i can taste it today

or not



V. Kali is a vegan/vegetarian chef, healing agent and nurse and has been writing poetry for over thirty years. She is an original member of the *Inspiration House Poetry Choir* and the World Stage Anansi Writers' Workshop. Her work has been highly anthologized and appears in numerous publications including Catch the Fire, the Drumming Between Us, Supergirls Handbook, Black Love and *What the Body Remembers* and is a regular performer in the Southern California university and night club circuit.