

# Birth of a Mother

Night after sleepless night,  
You wonder ...

"Where is the person I used to be?"

Night after sleepless night,  
You wake ...

To answer your little one's plea.

Even with the advent of morning's light

Your body never seems yours...

You question, gripped by uncertainty's hue,

Are you now an extension of this little person -

Or is this person an extension of you?

It's all very confusing.

You have never been more tired.

You have never been this insecure.

You have never been more lost..

You have never been this unsure.

Did you know...

There was a point during your child's birth,

Where your soul, your "you", left your body?

It traveled to a far away place.

A place where you collected courage, more than you ever had before...

Courage to hold another human in your heart -

Courage to carry this person for the rest of her life.

Then the realization comes to you --

The person you were, is no longer here ---

But... where did she go?

The answer: you will never be that same person.

She didn't die,

She didn't get lost.

She simply is no longer here.

Now you must go on this journey

A journey to find yourself again.

Amidst the black eyes,

Amidst all the crying.

But one day you wake up,

No longer tired,

No longer crying.

And the new you reveals its face.

The new you shows you it's heart,

And you finally come to terms with letting go.

Releasing who you were sets you free

Because you find that this new you

Is exactly who you want to be.

By: Caridad Saenz

IG: CaridadSaenz\_birth

CaridadSaenz.com