

**Taking care of the ways in.  
Curating the conditions.**

No despair  
Dry your tears

I get to do this  
Move through the noise with ease  
We can't hold everything  
I know how to do this

From a place of unknowing  
Take yourself in  
Commit  
The body knows  
Believe

Move with the air just beyond the skin  
Co-habit  
Un-ravel the structures

Don't be fuelled by rage  
Ready not daunted  
Move

*Deborah Light, Wales Collective, Tier 10.*