

A Language of Optimism

We are being challenged in these times
to use new language when we speak.

Resilience: not simply the ability to resist -
more the suppleness of a tree that bend
in an enraged South-Easter, as it bounds back
to a unique, singular shape.

Endurance: more than simply lasting -
rather the riverine tenacity of water,
as it cuts its way from up-country escarpments,
to a majestic oceanic conclusion.

Commitment: far beyond mere steadfastness -
but an ability to rise from that bed we
sunk into last night, to stand firmly into
our newly emerging selves.

Persistence: a step ahead of just lasting -
to become a daily pledge that binds us
to stand steadfast, when all we once knew
begins to dissipate.

We are beginning to listen to our whole selves,
as they are more able to speak what's true,
even when all else that seemed valid - blows away.
Viral infections attack only those frailest parts
of our humanity, our physical frames.

Yet even as those mysterious collections of
muscle, bone and somatic fluids begin to falter,

our cardinal humanness emerges:

What is the chemical composition of Optimism?

How would one ever see Determination under an X-ray?

When could an EEG ever measure Hardiness or

Robustness of spirit?

So, whilst we race to develop a numinous
inoculation to immunize our physical forms,
let's recall a vocabulary that will be a true
vaccination for our healing -
daring, audacity, steadfastness, fortitude, endurance
and benevolent compassion.

Words like these will leave us collectively immune
to any epidemiology. Enable us to foster
what we most need - a tenacity of hunger for a
life enclosed deep within the Spirits we are.

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