**WHITE OWL**

White owl

Hear my call

I’ve lost the will to live

Kind of fell apart

My son is gone

And so am I

My spirit lost

To the mountain high

I’ll help you,

But you must be strong

If we are to fix

This deadly wrong

We must make you lighter

That heaviness you feel

Of grief

And

Fear

Greet each new day

Cleanse and bathe

Background Image: Courtesy of Georgia Combes,

http://publications.ravenspacepublishing.org/as-i-remember-it/toba-inlet-mountain-range--brem-river-valley-9

White Owl Image: Courtesy of MCF Tech, https://www.mcftech.com/about-mcftech/

The pain will fade

A close up of a bird

Description automatically generated

Losing someone

Made you sick

But this self-healing

Will do the trick.

White owl

Hear my call

I’ve lost the will to live

Kind of fell apart

But I greet each day

And protect my spirit

For I shall live

Each day with merit

By Ammarah Siddiqui

(adapted from “He Got His Spirit Back” by Elsie Paul)