

**Holding Sorrow** by Mollie Marr

Salt water fills, then overflows, a stream  
crossing the blush of your cheek  
tiny perturbations, breaking apart, hesitating,  
quivering, disconnected  
a tear gathers itself up, drops down  
off the ledge of your jaw

Catching it, running,  
water carving a deeper line  
in the crease of my palm, racing to the center  
it wavers, a lone droplet  
seeking an absent ocean

Holding it, lightly  
bearing the weight of what it represents  
cold depths, atmospheres of pressure  
indescribable, silence, endless blue

I know the ocean  
the cold shock of entry  
weightlessness, nothingness, sinking  
darkening hues of blue  
descending, pressed down, desperate  
deepening cold, unfathomable  
the sudden release of surfacing  
sensation divided within the body  
drifting directionless  
a meaningless drop  
lost

Crawling out, trembling, gasping for air  
in the thunderous wake  
standing at the chaotic edge  
leaving a trail, dark, faltering steps  
perturbed drops  
which will dry and disappear

you and I  
came from these deep waters  
learning, evolving, becoming  
there will be times  
when we are powerless  
to resist the pull, when we will return  
alone

you and I  
carry the ocean  
our blood, salt and water  
nerves sensing, creating experience  
of separateness, control

you and I  
know the water  
every exposed surface, vulnerable, recognizing  
its touch, its scar  
in ourselves  
in one another  
what it means when the ocean escapes  
erupting to the surface, free  
what was hidden inside, suddenly exposed

outside  
we forget  
we came from the ocean  
we forget  
we carry the ocean  
we forget  
we are bound to one another  
individuals  
made of the same substance  
through interaction forming something whole  
greater, powerful, life-giving

when we forget  
we fail  
to hold  
even  
a lone  
drop

when we remember  
we hold  
the combined mass of  
all the waters within us  
the vast oceans around us  
protean  
alive

you and I  
must always  
remember the ocean