

August peer poem

Trauma Alchemy

By Sam Captain

I believed that the only way to survive
Was to silence and suppress
To numb the agony I could not avoid
The energy of the violence became trapped It tormented me from within
Because I could not destroy it I disconnected from myself
I detached from my path and my purpose I continued to spin
In aimless concentric circles
Unable to escape the rules of nature
I wanted so desperately to extinguish the darkness
I wanted nothing more than to eliminate the energy
I wanted to force it out by any means necessary
With the force of ferocious hurricane winds
But the rules of nature apply
Energy cannot be created
And it cannot be destroyed
Destroying myself was not the only way out
I cannot make what happened disappear
But I can change it
I can surround that wounded child
In the safety of a chrysalis
I can allow the time and space
I can offer sanctuary and sustenance
Day by day transforming the trauma
I can learn and grow in darkness
The energy that was trapped can change
What happened can become my fire
Shining through the broken fragments
The light that shines is love
Trauma transformed by alchemy
Becomes a beacon so bright and clear It can guide others out of the perils
Offering a glimmer of hope In a sea of despair
Nothing could ever or would ever
Undo what was done
But I need not drown
When I am transformed by purpose

Throughout her career in peer support, Sam has been a passionate change agent committed to vulnerability and using the power of stories to call for paradigm shift in behavioral health care.
