

November peer poem

Homeostasis

By Carrie Matos

It is hard to breathe here today
The dust in my lungs
the radiation in my soul
the scrap metal in my brain
makes it hard for me to not complain
When I was born I was never even given a chance
until I took it violently
I besieged the darkness after me and my light
I took back my power by force
against all odds I prevailed
I fought and I shot the sheriff
He wasn't new in town
He tried to tip my crown
I played along with the games
I can be a clown too
Now my smile is real
The mask has faded away
I'm as real as the day is long
I sing a new and shiny song
All across the spirit realm
I am the new sheriff in town

Carrie Matos is a Certified Peer Counselor and Chaplain. She works for Nisqually Tribe's Behavioral Health Department. Carrie enjoys singing, dancing, writing songs, and sharing stories of hope and radical acceptance within all communities.

