

Waiting by Janelle Fletcher

Lady in waiting
a pregnant woman
expectant with her unborn child
Formed to perfection
but not fully developed yet
I am not yet born
But about to be

Always in waiting
Broken promises
Unfulfilled dreams
Shattered before born
or gifted at the final hour

I am about to give birth
After many long weeks and trimesters
False labour pains have prepared me for the birth
The true labour pains have begun
and are almost strong enough now
for me to push the child into this world
and be relieved of the waiting
and have promises fulfilled

The push however comes not from the midwife or the husband
who supports me, the groaning woman
But comes from deep within
as I flow with the ebb and tide of contractions
and push, not with will and might
but only when my body urges me to
The time has come to give birth, not to my child
But to my new self

Janelle Fletcher
Speaker, Mind Body expert
www.janellefletcher.com

©2009