

Ritual for Self Reflection

By Mari Andrew

I got an email that signed off “Hope you are doing!”

5 A meditation in a typo, I got to thinking about what and if I am, indeed, “doing” as per the sender’s hope for me.

I do look out my window and see Halloween decorations and I do feel wistful at the things we do to mark time in sweet and earnest ways.

10 I do buy a new plant as a sign of commitment to this new home, this new world. I do want to help something grow.

I do try to watch the documentary but I do go back to the 6th season of a reality show and I do feel safe and comforted by the familiar intro.

15 I do hunch my shoulders and clench my jaw. A sign of being alive and reacting to the awful world. I do smile and laugh. A sign of being alive and reacting to the gorgeous world.

20 Hope you are doing, too.