

All That She

By Nicola J. Pieper

SHE

Charmholder

Phenomenon Balancing Strength and Power in One Palm

Connectedness and Vulnerability in the Other

Current Ever Running, Carrying Others in Its Wake

Phoenix Rising

Courageous

Bold

Sensitive

Feeler

Thinker

Lover

Fighter

Eloquent

Artist

Quiet Backbone

Tenacious Leader

Philosopher

Confident

Humble

Racer

Still Seeker

Beauty in the Calm

Nurturer

Spitfire

Spirit to Behold in the Storm

HER

Roots Running Deep and Wide

Hair Flying High and Wild

Ever-Changing Body

Learning to Claim it As Her Own, in Every Phase

Expression Swirls and Curves

Dives and Burrows

Captures and Embraces

Fires and Bolts

Ducks and Swallows
Darts and Blotches
Sways and Glistens
Love Surrounds
Encapsulates, Lifts
Drowns, Perseveres
Soaks In, Takes Over
Changes, Emboldens, Transforms
Influences, Rises
Eyes Kind and Fierce
Perceiving and Evaluating
Value From Above

HERS
Understanding
Empathy
Masculine and Feminine
History of Thriving Despite Being Undefined
Exquisitely Unrefined Despite Limitations
Graceful and Gracious
Bulldozer When Triggered
Tidal Wave Drawing Back, Only to Come Forth
Volcano Growing Quietly, Ready to Reveal
Yet Also
Girl Within Woman
Melts Easily When Heart Discovered, Trustworthy, Intertwined
Egg Ready to Let Shell Crack, To Reveal Soft, Goopy, Delicious Reality

THEY
Oceans of Variety
Forests of Upbringings
Galaxies of Personas
United Yet Apart
Alone Yet Together
WOMEN