



home

body

rupi kaur

home body

rupi kaur



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after feeling disconnected for so long
my mind and body are finally
coming back to each other

- *home body*

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mind



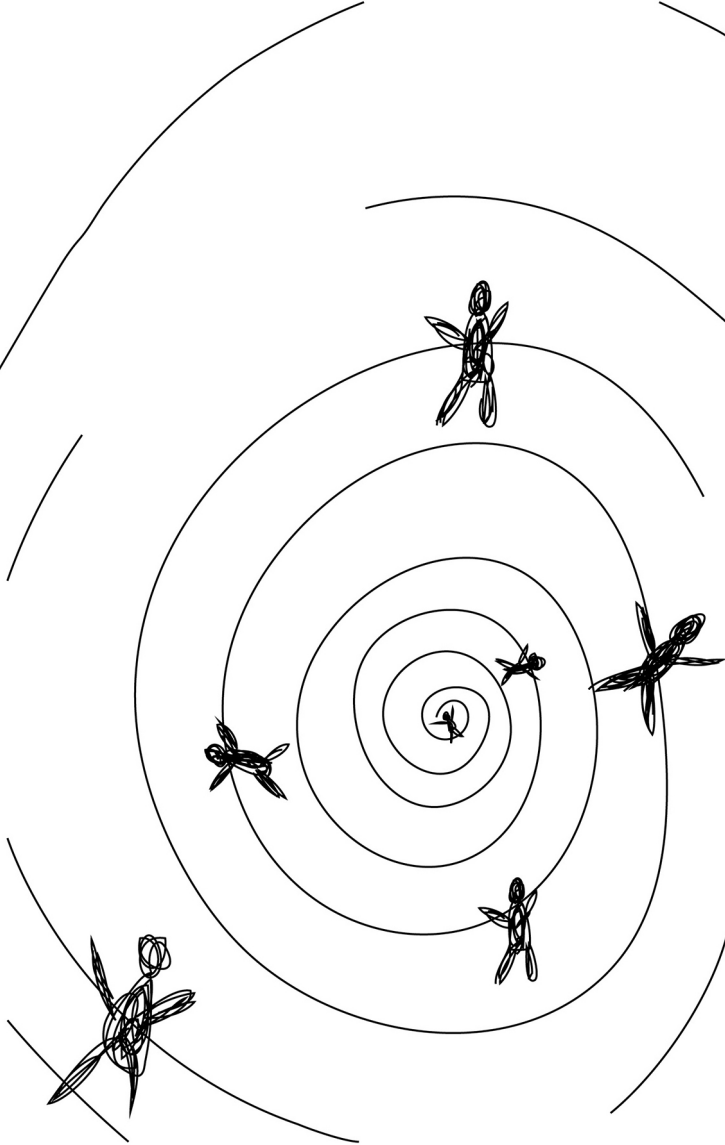
i'm in the darkest room of my life



maybe i walked out of the womb with it
is it possible to be born
with such a melancholy spirit
maybe it met me at the airport
slid into my passport
and remained with me
long after we landed in
a country that did not want us
maybe it was on my father's face
when he met us in baggage claim
and i had no idea who he was
maybe the rapist left it behind
or was it that criminal i called a boyfriend
maybe he beat it into me
maybe i met the one
and lost him
maybe it was the love
of my life's parting gift
or maybe
it was all of those things at once

- *where the depression came from*

why do i let my mind
get under my skin
i am so sensitive



my mind keeps running off to dark corners
and coming back with reasons for
why i am not enough