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### Loved Into Life

This part of me that has no name  
curls quiet as a secret  
against my aching breast  
asking its voiceless questions  
in every laboured breath:  
Is it my body that is breaking  
or my wounded heart?  
Will I survive the ambush  
of my fears and deepest grief?  
Can the nameless be borne  
in a life already full of pain?  
Will Love bring me to birth  
at last – or will I die again?

*Lesley Hayes*

