

# Mermaid Esther

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Source: Rachel Kann: <https://realizeparadise.com/>

## Mermaid Esther (An Astonishing Fire)

By Rachel Kann

Hold on there, Mermaid Esther,  
don't forget: your skillset  
has been custom-built.

Remember what you were born for.  
You've got this.  
I promise that this discontent  
is divine, despite the pain  
you're swimming in.

Although you're going under,  
sister, there will be no drowning today.  
Dive unfathomable fathoms deeper.

Rather than look for loopholes,  
fashion a life raft  
From the strands  
of your very real suffering.

Do not be deceived,  
this misery  
is no doled-out punishment  
from on high,

it is a knock at the door  
of your heart from inside.

Your soul is an imprisoned star  
fishing for clemency.  
Let the cage swing.  
Throw it open.

You are built of double helixes,  
a swirling evolutionary journey.

This life is a spiraling tidepool.  
The view of glorious sunlight will  
spin to the dark side of the moon,  
as it is bound to do  
with every revolution.

I call on you to remember you,  
back before you became  
your own wet metaphor.

The innocent kid  
who turned cartwheels  
naked, shameless and pure.

That wild girl who walked  
into the ocean,  
delighting in the cold bite.

The dreamer who believed  
in infinity's limitless possibility.

The precocious princess  
not yet stripped of her intuition.

Remember when you  
could clearly see the truth  
of what was muddying the grownups  
all around you?

How you'd watch them rationalize,  
tell themselves lies,  
overcomplicate, bury their pain,  
only to inevitably explode later  
in the most inappropriate, unrelated,  
and dangerous of ways—  
over and over again?

Remember the self-sworn oath?  
Your vow to never let that be you?  
There's no roundabout route to salvation,  
the only way out is through.

Don't confuse husk with vessel,  
lest you self-immolate.  
Subsumed in ocean,  
while an astonishing fire blazes within.  
You must spill forth this light,  
or be consumed from inside.

This is the sacred act  
of spark extraction.

This is returning to  
the knowing in your bones.

No more ignoring

your internal warning system.

No more denying  
inner guidance.

No more collapsing  
under the depth charge of confusion.

Sister Mermaid Esther,  
gather all of the flooding love  
that spilled in surging waves  
from every single heartbreak.

Return it to the heart-home  
of your ribs,  
interstitial glow  
flowing out from within.

Toward the shore,  
there is a lighthouse  
of a little girl,  
sturdy-legged,  
faithful and patient,

beaming rhythm-encoded  
messages to you:

Swim up to the glimmering surface.  
Break through.