

Love Needs

By Jean O Brien

*There needs to have been a winter, harsh and extraordinary,
where you strip down like a leafless tree,
your branches black and bare.*

*Your heart needs to have been emptied and spare,
hollowed out and waiting.*

You need to have grown resilient and strong.

*You need to have regrouped, be sanctuary to your under song
and gathered yourself to your true self again.*

You need to become home to your own heart.

*Then when spring inches in you need to
leaf up, green out, and flourish – tender, wild and strong.*

Your heart needs to blow open with blossoms.

Scatter buds like fat drops of rain.

*You need to feel March winds –
those April fevers.*