

Section 3: Spontaneity/Creativity (Prose and Poetry)

The Sleeping/Awakening Child

by Linda Ciotola, MEd, TEP, TSM

“I know now,” she said, “God saw my pain
and wept.”

And, in that moment, I knew
the truth of it.

In every nerve and sinew,
In the deep bony marrow,

The meaty muscle, skin and cell;
The truth leapt upon my heart
Like a Divine Dancer,
Body in Spirit, Spirit in Body
The knowing breath of “yes”!
My “sleeping child” had rested
In the arms of God;
Now awakening

At one with the music and the movement,
The dancer and the dance,
The voice and the vision,

And the lullaby of life, singing.
And I turned my eyes inside
To God
And dried the tears.

Written following a Therapeutic Spiral Model™ drama in which the protagonist hoped to reconnect with her Higher Power and to connect with her “sleeping/awakening child”—a Therapeutic Spiral Model role that holds the part of self whose innocence and creativity are untouched by the trauma. In the role of the Body Double, my role was to help the protagonist stay in her body and fully and safely experience sensations and feelings as the work unfolded. I wrote this poem from role shortly after the drama.