

# *There is a World Within Me*

**Alyssa Victorino**

Echoes of a life I once knew crawl with me to sleep.  
An unforeseen storm of fate settled on my lap,  
imbued with solitude and effusive prayer.

Give in to its roar—you cannot fight what is already here.  
Sometimes, when all you can do is listen,  
you can hear the sun call out for the moon  
to make sure it has enough light to give.  
You can feel the seasons change.

Inside the tidal waves of the worst this world has to offer,  
all we have are the quiet moments we carry with us in our palms.  
It is easy to feel small. It is easy to forget why we are here.  
It is the lies we nurture that leave us imprisoned when we are free.

There is a world within me, riddled with jungle vines and sunlight.  
There, I rest and look to where the sea meets the sky—so ready  
to give itself to the horizon.

There, I run, but not away from anything.  
I run towards everything before me,  
and embrace the impermanence of it all.

*bodies blooming bountiful* by Kitty Cheung