

# *Sharing Spirits and Silence As A Strength*

By Y.A. Warren

## **Sharing Spirits**

I feel that I am blessed by many tribes' voices.  
Foods have also been sacramental offerings  
shared for a full week. Though I am unable  
to do many tasks for food preparation,  
several generations assisted.

Joy was the order of my every day.  
We all sang together, though my tunes and lyrics often  
disappeared half-remembered;  
hilarity ensued. Charades is still fun  
when full groups of families and friends are kind  
enough to help to finish my thoughts.  
What a celebration when the meeting  
of the minds and words matched!

I am still recovering my ability to verbally communicate.  
With many friends to help, Aphasia is not crippling.  
I will remain true to my shared Sacred Spirits.

## Silence As A Strength

I became mute several times in my life, several times because circumstances dictated.

I have clarified what I feel is important to communicate.

I feel that I become stronger through listening  
and discovering other communication tactics.

When each utterance is attached to large energy expense,  
we measure our communication carefully.

A sigh can say volumes.

Blood pressure is a better indicator of truth than is spoken language.

The very pulses in our brains and blood vessels communicate both  
compassion and anxiety.

Even the young animals of our earth speak their needs in many ways.

Listen to the silence.

Aphasia is opening windows of community and communication in which

I hear my inner voice more clearly.

Silent dialogues often make my brain feel young again,  
opportunities express themselves in new ways.

I must become better at pregnant pauses.

## *About the Author*



*Y.A. Warren experienced a stroke in June 2015. She lived in New Orleans, Louisiana, at the time and has been involved in rehabilitation since the onset. Currently, Ms. Warren lives in Marietta, Georgia, to be closer to family as she continues to recover from aphasia. She describes her primary problems as related to numbers, spatial skills, reading, writing, and speaking fluently (word recall). Writing is helping with her recovery, because with each thought she needs to process it by figuring out the symbols for each letter, make it into a word, then a sentence, and eventually to a story. This takes much energy and time, thus is tiring.*

*Prior to her stroke, Ms. Warren began writing while a marketer and then as an editor assisting other authors. She has written two books on life in Appalachia. Additionally, she wrote "Eternal Spirit" during her husband's long illness. (Ms. Warren's stroke occurred prior to his death.) Her work can be found on her blogs ([TnMtnHome.blogspot.com](http://TnMtnHome.blogspot.com); [OneFamilyManyFaiths.blogspot.com](http://OneFamilyManyFaiths.blogspot.com)) and Amazon. Her two writings found in this issue are works created after her stroke.*



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