

By Lynn Berry

How essential it is to know ourselves, but how often do we avoid ourselves? Our work, the needs of our friends and loved ones, our daily obligations and chores, or a life crisis or drama can dictate the shape of our lives so that we forget who we are and who we are becoming. Often without even realizing it, we don't nurture and cultivate a heart that is worthy of who we truly are. The disregard for ourselves can come in disguises of "putting others first," or "just not having the time," but for most in this busy and externally based culture, getting to know our true selves can be intimidating, so we stay busy and we don't take the time to get quiet. Being honest and finding our authentic selves may take some time and courage.

Derek Walcott's poem "Love After Love" attempts to show the reader an individual who is just beginning another intimate relationship after a long and difficult separation. In Walcott's poem, however, the new relationship is not with another person, but with one's self, the heart that has waited neglected in the shadows of the "other" relationship. And when that other relationship ends, the individual is left to find that heart again and learn to appreciate its patient and forgiving love.

THE INKWELL

Love After Love

The time will come
when, with elation
you will greet yourself arriving
at your own door, in your own mirror
and each will smile at the other's welcome,

and say, sit here. Eat.
You will love again the stranger who was your self.
Give wine. Give bread. Give back your heart
to itself, to the stranger who has loved you

all your life, whom you ignored
for another, who knows you by heart.
Take down the love letters from the bookshelf,

the photographs, the desperate notes,
peel your own image from the mirror.
Sit. Feast on your life.

-----Derek Walcott

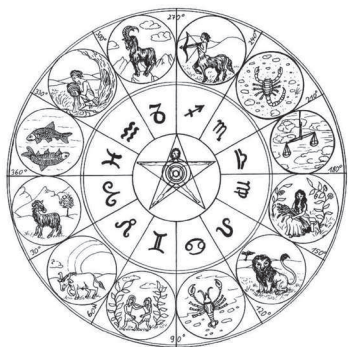
---**Writer's Idea:** Write a letter to yourself 10 years earlier. What advice would you give yourself? Would you warn of upcoming challenges, tell yourself to change paths, or would you encourage yourself to stay steady?

---**Writer's Tip:** Self-reflection is crucial for artists to gain insights of themselves and of the world. Write a poem or draw a picture of yourself. Let your mind wander and allow your heart be free in doing this exercise.

---WE ARE LOOKING FOR LOCAL POETRY. WE NEED YOUR POEMS!!

Please send your original submissions to InkwellVernonia@gmail.com or by mail: PO Box 73 Vernonia, OR 97064. Please include your name and contact information. **Write--Express--Expand.**

Lynn Berry holds an M.A. in English, specializing in feminist literature and literary criticism. She has spent several years teaching Literature, Composition, Poetry, Creative Writing, and Critical Thinking at various school districts and colleges, and occasionally provides writing workshops.



Your Horoscope: June 2013

By Ms. Luna

Spring has sprung, but keep an eye on your finances.

Gemini (May 21- June 20) It is a strong month for personal plans and feeling energized. You

are making big impressions this month but you may also be giving off mixed signals and creating misunderstandings near the 19th. Around the 18th, your partner may need extra attention, and the 23rd is strong for strengthening or attracting relationships. Fate is in your hands. You have the power to make things happen!

Cancer (June 21- July 22) You are motivated to increase your personal income this month and that extra effort is likely to meet with success. While the first 3 weeks bring some level of introspection and emotional retreat, you will begin to feel more in control of your life by week 4. Your powers of attraction are especially strong from the 18th forward. Partnerships are consuming and rewarding from the 21st-25th.

Leo (July 23- Aug 22) This is a wonderful time of prosperity and enjoyment, dear Leo. Plenty of energy is at your disposal; the question will be where to direct it. Friendships, group activities, and personal aspirations take center stage in June. Tricky matters with friends and lovers may arise from the 18th-20th. It is a strong period for taking independent action and making things happen.

Virgo (Aug 23- Sept 22) Your attention is devoted to career and work involvement this month. Going over past mistakes professionally and dealing with a few misunderstandings figures until after the 19th when delays lift. Professional projects begin to move forward. Some minor romantic snags are possible. Social engagements and romance are more likely to be found through work.

Libra (Sept 23- Oct 22) You are working hard to achieve your goals, not only material, but also spiritual goals. Your spirit is especially adventurous and you are more philosophical than usual. A partner could be expressing independence. Single Libras might find a partner through a friend or activities, especially from the 5th-8th. After the 19th, delays with education or travel lift and career matters become more prominent. It is a strong period for cutting a deal or acquiring

fringe benefits.

Scorpio (Oct 23- Nov 21) This is a strong period for work and career. You could receive public recognition for the work you do now. If you aren't your own boss, you would like to be which could cause some friction with superiors. It's time to get rid of excesses in your life, whether physical or spiritual baggage. The 18th-20 could bring touchy matters to the surface, likely financial. Those looking for a job could find one now.

Sagittarius (Nov 22- Dec 21) This is an expressive month for you. Satisfying your itch for change and adventure seems like a good idea. Tricky matters with finances and partnerships need to be handled. Relationships become easier after the 19th. This is not the time to assert your will or push your agenda. Recognizing the needs of others in your life is more important now. The full moon on the 18th is in your sign, and you could surprise others with an emotional outpouring.

Capricorn (Dec 22- Jan 19) Getting down to business, handling daily existence and focusing on improvement is your focus in June. Your attitudes towards what makes you feel secure are changing, and there is intensity to your nature. From the 18th forward, relationships and compromise take center stage in your life. Personal plans regain momentum, and work issues ease in the last two weeks of the month. Travel plans may hit snags. Best days for opportunities are the 10th and 20th - 24th.

Aquarius (Jan 20- Feb 18) There is a strong need for recreation and pleasure this month. Taking in movies, dinner, and romantic activities are highlighted. Due to low energy, work after the 20th may leave you feeling out of sorts. Plenty of conversations with a partner take place. The 12th-13th is a tricky period when you could be feeling unappreciated or stressed. Finish up the details of personal projects and plans before the 26th for maximum success.

Pisces (Feb 19- March 20) Work is busy and challenging, while your heart is with your family

and home. You are more able to increase your income by performing tasks that others dislike doing. Career demands peak on the 18th, and then ease considerably. The question of friendship and acceptance for who you are comes up with a close partner. Your powers of attraction increase significantly after the 18th and a more pleasurable and flowing cycle begins, except from the 20th-21st, when money concerns and stresses grab hold. Take a deep breath and know that this too shall pass.

Aries (March 21- April 19) This is a busy and exciting month for Aries. You seem to be juggling a lot right now, but maybe not producing much. Time will tell. This is an excellent period for personal relationships, learning, and communication. Play and recreation have appeal as well as romance, which are especially heated this month. You are chatty and very busy with errands and appointments for the first 3 weeks before life settles down.

Taurus (Apr 20- May 20) This month, Taurus, you have the energy for tackling major projects around the house. Finances could be a little tricky this month. If you have been thinking of a major purchase or investment, wait until the last week of the month when thinking is clearer. Putting money back into your home makes sense. Frustrating career matters manifest mid-month as well as a faceoff with a significant other, most likely over money. Enjoy your surroundings!

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