



A Body of Stories

By Teajai Travis

*Multicultural Community Storyteller
for the City of Windsor*

We carry stories in our bodies
Poems journey through our veins
Electrifying our bones with memories
That remind us of our ancestor's dreams
Every time we breathe in and out
We travel through measurements of time
Footprints through a forested landscape
Guided by the sonata a mother bird composes
to seed navigational maps into the bones of their hatchlings.
The wind performs a magical score of ancient prayers
offered to the sky when the land becomes
too dry to release food
We carry these stories in our bones
When I close my eyes
My eye lids whisper secrets of The Underground Railroad
My Ancestors hid beneath their tongues
And pass throughout our family, one generation to the next
Through receipts that seem
to be thrown together haphazardly
But contain the secrets of the stars
And within those constellations an encyclopedia of existence
I have those poems activating these bones
To remind me wherever I am - I'm always at home.
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This is the collective order of our collaborative existence.
We are in relation with all that is and our strongest tool
of creations and balance is love.
And love is a delicious recipe packed
with life force nutrients that are guaranteed
to nourish the soul, please the soil
and fulfill our responsibility to our young –
that is to honour, protect, inspire, and serve.
Stories