

body rainbow

Kerryn Coombs-Valeontis

body rainbow was compiled from the words patients in a private mental health clinic spoke, about their art. The process was listing emotions they had felt that day, and then identifying where they felt them in the body, and putting colour to an outline of their body/hand.

body rainbow

*anxiety is purple emanating
hiding sweat in my palms numbing fingertips
aching with boredom's stiff searching
for the comfort of the dark*

*loneliness swirls a deep spiral around my navel
sabotage is brown, scratching beneath the red of regret
like an old pot scrub commercial, scraping traces of
malaise*

*the semblance of a calm blue, tripping
over crimson streaks of rigidity grasping for control
arousal is orange, aimed at the fluttering heart, clawing
at hope where grief has trampled
black and blue, but my heart in my hands, has a silver*

*lining glittering my lostness -
which is a light blue void, shaped like a heart
that hollow feeling is blackness, but shame
and hope are both white; both invisible*

*if you look hard, you will feel them
as they are always there
disgust and revolt, combine in a brown lump,
tightening
around my throat and the scarlet blindness*

*of rage, you see, comes down from my hair
up the edges of numb which is blank, masking my fury
and fear helplessness is a colourlessness
of a floaty fog distant with many shades*

*under cover of grey mist – something unidentifiable
hate and despair burn a black hole
down into my lungs, while positiveness is pink
pushes back the breath flooding warmth back into
my chest*

*spirituality is white, and is beyond and around me
acceptance starts with the absence of colour moving
into my head, inviting gratefulness which is lavender
grounded-ness wears blue toe nail polish, but
disappointment*

*sets up an orange stake-out around my heart,
that knows
accomplishment, but is allied with anxiety
that begins spreading yellow from my chin
worry wraps around my buttocks (where I have
gained 7 kgs)*

*and fat is a nameless, shapelessness
haunting that no-one dares colour
responsibility is blue, sitting heavy on my shoulders
and relief bounces green balls in my lungs trying*

*to make the pink stress in my tummy, laugh
my wisdom teeth grinding springs in my legs
to outrun dependency while sorrow a rainbow of tones
stretched over the days of struggle*

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