

Writing Prompt: Messages Across Time

Author Clarissa Pinkola Estés once said that we are each born to one mother, but if we're lucky, we find many more mothers as we grow. These "mothers" can be people, places, or even things that guide and shape us.

For me, poetry has been one of those mothers. It has taught me how to find music in silence, how to speak even when words feel too small, and how to listen to what can't always be said out loud. Poetry doesn't just use words — it uses sound, silence, rhythm, and space to speak to the deepest parts of us.

Now I invite you to try something small but powerful:

You may have heard the famous 6-word story often credited to Ernest Hemingway:

For sale: baby shoes. Never worn.

Now it's your turn to write something short and meaningful.

Step One:

Write a 6-word poem **from your younger self to the person you are today**.
What did you know deep down as a child that you might need to remember now?

Step Two:

Then write a 6-word poem **from your present self to the child you once were**.
What do you know now that would have helped you back then?

Feel free to include emotion, humor, wisdom, or whatever feels honest. It's not about being perfect — it's about listening across time.

Below, I've shared an example to help you get started.

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Birdsong. Everywhere! We can sing too.
Come out, Daughter. I've found you.