

Witchy power

I'm a woman over fifty now
What does that mean to me?
That I'm in my prime and radiant
Or past it and without glee?

The few older women I see on TV
Are dyed and Botoxed up,
Been tummy-tucked and lipo-sucked,
Their boobs blown up a cup.

We older women not on screen,
Just walking down the street
Are hardly noticed anymore
As we tip-toe on our feet.

We feel we have no value, see
From toddlers we're taught this;
Too old to birth, to dance, to sing
And far too old to kiss!

The menopause creeps up on us,
None of us are prepared,
A secret world of sweats and rage
Getting wrinkled and thin-haired.

It's not seen as a rite of passage,
A time when we get wise
And free ourselves from all the crap
That comes with our culture's lies.

The lies which say that money's God
And what's important is how we look
The lies that keep us on our feet
– Can't stop to read a book!

And then there's patriarchy's lies
How sad that came to pass;
The crushing of Mother Nature

To kiss a male God's ass.

. . . And yet I have a choice here
I guess it's really up to me;
I can carry all the stupid lies
Or I can let myself be free.

I have wisdom in abundance,
My resilience is vast,
I'm sensuous, loving *and* tuned in
– Let inferiority be my past!

So join me, ye older women,
Let us gracefully claim our power
We're the great grand-daughters of witches
And may this be our witching hour!

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Jayne Pigford is a self-employed Gestalt Psychotherapist and mindfulness teacher, originally from working-class Yorkshire and now living (with a beautiful, old sheep-dog) in Nottingham. She has been a child protection social worker, community worker, school counsellor, further education tutor (mostly teaching stress management and confidence building with women), a keen traveller and a hospital patient. Having danced with death for three decades she feels that she has been shown the absolute value of life. Her book, *Rocking with the Reaper*, a call for us to be more open-hearted, is about to be edited. A quiet member of PCSR (Psychotherapists & Counsellors for Social Responsibility) for years with a passion for positive change and social justice, Jayne feels that at 51 she is “finding her voice”. She loves the succinct medium of poetry and when she feels the need for a rant, a poem seems to emerge! Read more at www.creativeleaps.co.uk or www.mindfulnessnottingham.co.uk.

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