

UNDERCURRENT: REFLECTIONS ON LOVE

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September 21, 2021

I wish I could say
That everything will
Be alright, that upon
Completion of this
Task, you will no
Longer feel fear
or self-doubt.

I smile and hold
Your face in my hands
Laughing. I tell you to
Focus on what is right
Before you.

I wish I could say
That I wrap myself
in heavy linen:
hoping the weight
and drape of the
fabric will hide the
uncertainty twisting
deep in my gut.



Artist Statement

This original poem and photograph provide a glimpse into the undercurrent of anxiety experienced in the body when attempting to comfort a loved one struggling with their mental health. This anxiety, experienced as sensations in the body (e.g., the gut), signal the need to engage with emotions - including the complexities of love and support - churning beneath the surface of interactions with others in our roles as scholars/artists/humans. By listening to this need, emotions offer insight into the ways we shape our relational environments - internal and external - and how we are, in turn, shaped by them.
