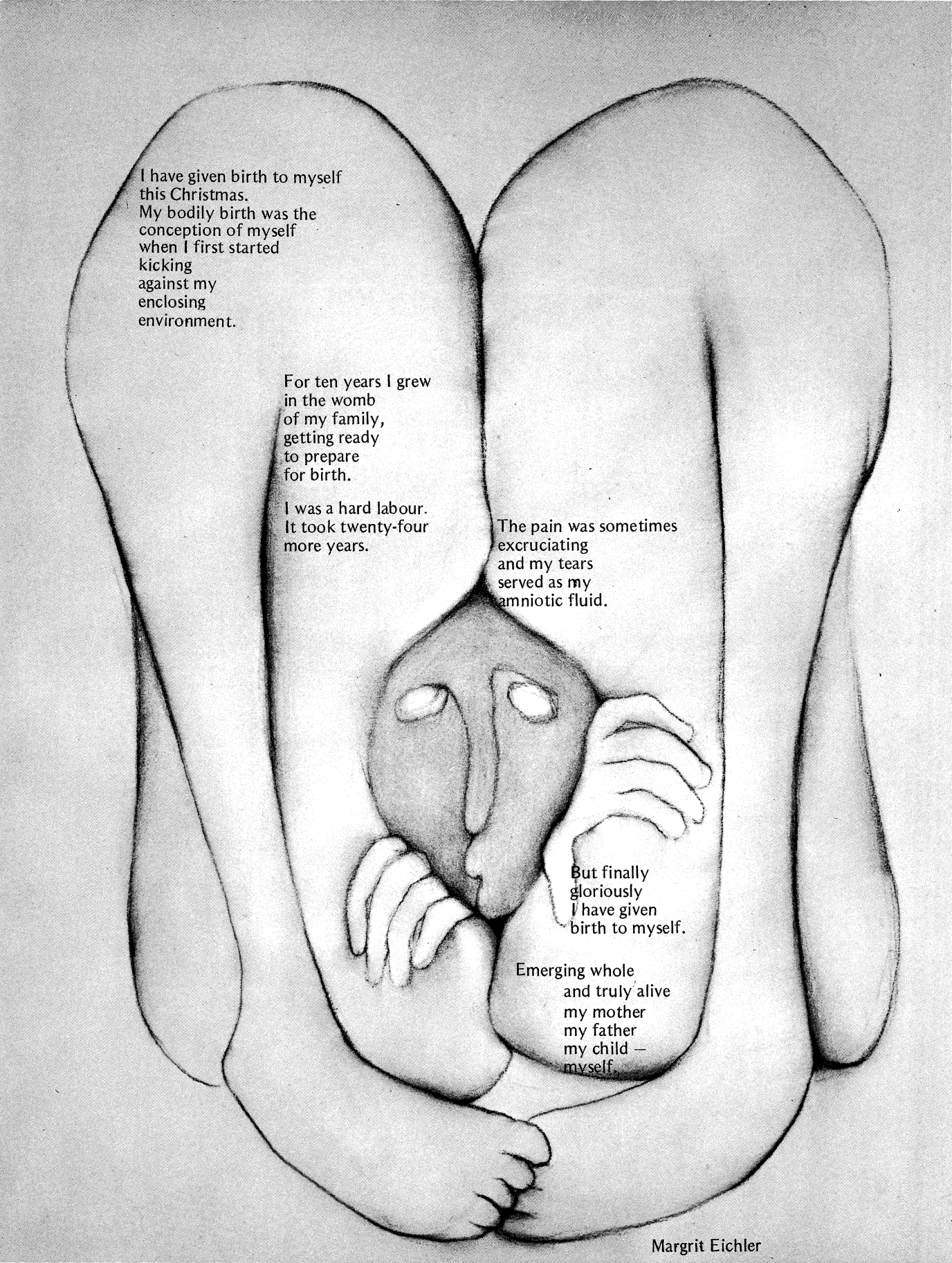


I have given birth to myself



I have given birth to myself  
this Christmas.  
My bodily birth was the  
conception of myself  
when I first started  
kicking  
against my  
enclosing  
environment.

For ten years I grew  
in the womb  
of my family,  
getting ready  
to prepare  
for birth.

I was a hard labour.  
It took twenty-four  
more years.

The pain was sometimes  
excruciating  
and my tears  
served as my  
amniotic fluid.

But finally  
gloriously  
I have given  
birth to myself.

Emerging whole  
and truly alive  
my mother  
my father  
my child —  
myself.