## Palliative and Supportive Care

# Out of darkness

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#### **Poetry**

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Christine L. Xu, Stanford University School of Medicine, 227 Ayrshire Farm Lane, Apt. 302, Stanford, CA 94305, USA. E-mail: cxu7@stanford.edu Before, I slunk around hallway corners, felt safe among shadows.

I dressed in inky black to evade the spotlight.

I could not see the stares but I could feel them.

Now, I have Juno, a glossy black Labrador retriever named after Roman goddess protector guardian of women.

With her,
I cannot hide,
I cannot blend in.

Wherever I go, a wave of whispers follows, my cheeks flush bright red, my hands shake.

Juno remains focused, calm, confident, she never strays from her path.

Words float by, they do not drip with pity, they ring with praise.

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I nudge Juno forward, her harness forces me to stand straight, to throw shoulders back, to let my heart shine forward, each step feels like flying.

I see soft dapples of yellow sunlight; warm pink rays engulf me, and everything is illuminated with a vibrant glow.

Before,
I only saw shadows,
where charcoal gray blurred
and blended
to ebony
black.

Now,
I cannot see
I cannot hide
I cannot blend
in
but with Juno,
I can fly
and I am
never
turning back.