

**Nané Jordan**

---

**and Out**

in

and

out

in

and

out

in and out,

and in and out and

in and out and in and out and in

and out

and in.

*Nané Jordan*

Touching,  
my baby's head at  
birth,  
she is emerging,  
stretching me beyond  
always,  
beyond always and even wider open than I ever wanted  
to stretch,  
I am stretching so wide open,  
I am bursting with this life.

Liquids pour forth from inside  
of me,  
down my legs and onto  
my feet  
the bed  
the floor,  
liquids with familiar deep  
smells  
to the midwife,  
as blood  
amniotic fluid

and even shit  
mix  
to exacting proportions of  
alchemical wisdom,  
the pungence of damp earth  
and acrid greens.

in  
and  
out  
and  
in and out  
and in and out and in  
and out  
and in  
and out.

My baby's head emerges,  
fingertips touching  
I reach around the wet roundness of it,  
a ball between my legs,  
the round earth between my legs,

*Nané Jordan*

how

is this possible?

and out and out and out

and out.

Her body slips out and lies

there,

I lift her to

my chest

my breast

or is it my soul?

in a moment of

forever.