

## **Hold your own**

But,  
when time pulls lives apart  
Hold your own  
When everything is fluid,  
nothing can be known with any certainty  
Hold your own  
Hold it till you feel it there  
As dark and dense and wet as earth  
As vast and bright and sweet as air  
When all there is is knowing that you feel what you are feeling  
Hold your own  
Ask your hands to know the things they hold  
I know, the days are reeling past in such squealing blasts  
But stop for breath and you will know it's yours  
Swaying like an open door when storms are coming  
Hold  
Time is an onslaught,  
love is a mission  
We work for vocations until, in remission  
We wish we'd had patience and given more time to our children  
Feel each decision that you make  
Make it, hold it  
Hold your own  
Hold your lovers  
Hold their hands  
Hold their breasts in your hands like your hands were their bra  
Hold their face in your palms like a prayer  
Hold them all night, feel them hold back  
Don't hold back  
Hold your own  
Every pain  
Every grievance  
Every stab of shame  
Every day spent with a demon in your brain giving chase  
Hold it  
Know the wolves that hunt you  
In time, they will be the dogs that bring your slippers  
Love them right and you will feel them kiss you when they come to bite  
Hot snouts digging out your cuddles with their bloody muzzles  
Hold  
Nothing you can buy will ever make you more whole  
This whole thing thrives on us feeling always incomplete  
And it is why we will search for happiness in whatever thing it is we crave in the moment  
And it is why we can never really find it there  
It is why you will sit there with the lover that you fought for  
In the car you sweated years to buy  
Wearing the ring you dreamed of all your life  
And some part of you will still be unsure that this is what you really want

Stop craving  
Hold your own  
But if you're satisfied with where you're at, with who you are  
You won't need to buy new make-up or new outfits or new pots and pans  
To cook new exciting recipes for new exciting people  
To make yourself feel like the new exciting person you think you're supposed to be  
Happiness, the brand, is not happy now  
We are smarter than they think we are  
They take us all for idiots, but that's their problem  
When we behave like idiots, it becomes our problem  
So, hold your own  
Breathe deep on a freezing beach  
Taste the salt of friendship  
Notice the movement of a stranger  
Hold your own  
And let it be Catching

*Kate Tempest*

<https://www.youtube.com/watch?v=IDuLEWQGmwc>