

## The Stone in Your Soul

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Do you feel the slow burn  
that lives deep down at the  
bottom of your soul?

If you look inside yourself, past  
what's on the surface, and beyond  
what you allow others to see...

when you stare deeply  
and you see more than just the reflection  
of your dark brown eyes

If you follow the dark tunnel and  
keep going as it winds around downward  
getting closer and closer to the core

The core of who you are,  
then you can see the embers burning.  
You can feel the warmth of it.

It is a slow burn,  
the light coming from it is dim.  
You can see shadows of your hand out in front of you...  
more like an outline.  
But if you reached out to touch it  
you would burn your hand

Just the thought of the heat that comes from the stone  
reminds you of what happens  
if you were to ignite the flame in your soul.

There have been many things, experiences,  
people, places that tried to dim the light  
and extinguish your flame, but despite that  
here it is.  
Your soul, still slowly burning, hot with passion

Passion for life, for a future and  
for your dreams to come true...

You are the one who has the power  
to bring them to life, and no matter what  
they've told you, you are the one  
who stands in the way of making it all come true

They could never take that power,  
despite making you believe it,  
they aren't the ones who bestowed it upon you

That power was always yours, in your control  
and not something you would ever give willingly.

It's okay that you had to dim it down,  
It's called preservation, you brought  
what you needed in closer, it provided  
protection when you needed it most.

Now it's time, here's your reminder  
that all you need to do, is breathe in deeply  
gather your strength and your oxygen  
and release it.  
Breathe out and let it all go

Ignite the fire in your soul that  
was patiently waiting for the time to strike.  
Let that fire grow, let it breathe  
and take life and guide you  
as you bravely blaze the trail ahead.

You are unstoppable, irreplaceable,  
incomparable and unapologetic  
about taking up the space that  
is so rightfully yours.

The stone will warm every space that you enter.  
Fill it with love, honesty, courage, contentment and forgiveness.  
The light from the flame will guide you to all the places you must go

So close your eyes, breathe  
and let the flames lead the way.

It's time to make it all come true

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## Biography

Aron Skworchinski is a Métis woman currently living in Winnipeg, Manitoba, located in the heart of the national homeland of the Red River Métis. Growing up in Lockport, Manitoba, she stayed grounded to her Prairie roots and connection with the land. She graduated from the University of Manitoba with a Bachelor of Social Work in 2019, which has provided her with a professional foundation built on promoting social justice and human rights. Based in Indigenous ways of being, knowing, and doing, Aron is passionate about the well-being and future of the community she lives and works in.

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