



Volume 10
Issue 2
2015

Poem Collection

Mary Rykov

homage to music therapy

rocking and crying
your soul in tatters, pain flows
through a shattered mind
we sing and bring you solace
making music with your moans

Bubba

rocks back
and forth
to and fro

slaps at
pain slicing
her knees

we try to hold her gnarled
hands that once soothed
our fevered brows

the same hands that brewed
chicken soup with noodles
made from scratch

she pulls away and shakes
her scolding finger: *don't
get old, don't get old*

*don't get old
don't get
old*

Mary Rykov is a Toronto music therapist-researcher, editor, and current poetry instructor at Workman Arts. Her work is published and anthologized in venues such as the *Journal of Health Psychology*, the *Literary Review of Canada*, and *The Art of Poetic Inquiry*. Read more about Mary at maryrykov.com