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## How to Capture Happiness and Make It Last for AML

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## How to Capture Happiness and Make It Last *for* AML

Squeeze tightly hands and face  
As if by osmosis will my blood to dance  
Sing because I am holding happiness  
Weave our stories together baskets  
Tapestries, quilt our lives in cotton canvas  
With the sea and your smell trapped in  
Layers of fibres that make chords to tie me  
To you and you to me tight tight  
With space enough for growth and life  
Laughter and the teeth of many mouths  
Many smiles I have captured in my eyes  
In my hands in my mouth for the pot  
For your mouth we share all chili cumin  
Coriander cardamom cinnamon cloves  
Seared into skin and fingertips branding  
By scent and love and fire the pages of  
My recipe book splattered with me  
Splattered with you happiness captured  
In meals in the lines on your face in mine  
I have it well saved stored cached to splash  
On skin like favourite perfume and dance  
Sing because I have forever happiness captured  
I will hold it squeeze it tight tight for it is mine.

pray always using hands, on knees

(use strong thread, sharp needles,  
vibrant colours)

a life in spice, in flavours, in joy

there is no book like memory

(my lines recording happiness,  
recording you)

Come share, come  
celebrate with me!