

Soldier, Take Their Mind Off Your Shoulders

By Octavia Fugerson

"You took that like a soldier."

There will come a time where they will call you soldier and you will not want to be.

Follow orders. Establish order. Or decide no comfort in your country,

In your space. In your face.

There is war. Requested to defend, You must win.

Vulnerable to obedience,

vulnerable to rage

Eventually you question, what have I made?

Why do I hurt? Who is it I serve?

Why I'm in battle? For who do I fight?

Bravery. Service. Following Leaders. Doing it right.

But is it good?

Common mistakes, render common sense.

Deception. Recognition. Conception.

Constantly threatened.

And yet you survive.

Yet and still on the battlefield, the soldier's likely to die.

Righteously.

...rightfully.

But is it good?

How else would the soldier heal, eternally?

Oh you thought you were destined for eternal battle... which sounds like so much suffering.

For forever so? Who wants to struggle? Who wants to suffer?

Not the soldier. Not the lover.

Not the mother.

Not the father, nor the baby.

Not the saint or the sinner.

Definitely not the winner

.. definitely not me.

I don't want to suffer eternally.

I do not want you to suffer for me.

I do not want you to suffer for them.

You have suffered enough, may the suffering end.

Served as a soldier's of my battles

And now I must rest.

For the kingdom to be best,

I need to be more than a soldier.

Soldier then, yet soldier no longer

For when you called me Soldier, consciousness clicked and soldier went over.

Toss the idea of a soldier, over my shoulder

Now on top of the soldier, buried under the cover

/guise of accomplishment,

distant

from the mind of another,

On top of ya own shoulders, may ya rest ya weary head.

Now solider,
take their mind off your shoulders

And know you are destined for more than the fight.

You too are destined for some peace, so this break away is only right.

“You took that like a solider.” Next time you hear it, transcend.

You did your time as a solider. Now, may your next journey begin.

Year 2020

Dedicated to those who took one for the cause

And those who decided not to just because.

I give you permission not to fight, in order to heal, and in order to find new power.



Octavia Fugerson, Ph.D. is an educational psychologist, trained by the University of Georgia, with a focus on the cognitive functioning of giftedness and creativity amongst disconnected youth, such as youth in foster care, homeless youth, migrant youth and juvenile delinquents. Empowered by her lived experiences, she provides professional development to child welfare professionals and educators to increase awareness of developmental capital and promote equitable opportunities for disconnected youth. As a program evaluator, she helps to facilitate community problem solving, through mixed methods research and authentic youth engagement- allowing students of various ages and abilities to bridge the gaps between educational spaces and real world experiences. Dr. Fugerson takes pride in using creative methods of guided reflection, and anti-deficit examination of cognitive functions to provide emotional, physical and educational support - to heal from trauma. For more of her literature or consultation, she may be contacted at ofdevelopmentalservices@gmail.com.

