

*Introduction* A young woman experiences an “Aha Moment” after diagnosis of the chronic illness of lupus (meaning wolf) expressed in this poem. (“La Loba” translated is “The She-Wolf.”)

## La Loba

**S**he senses that something  
is lurking around her  
She smells its musty scent, and she feels  
Its damp hand reaching for her, but she  
Stands immobile in the dark night not  
Knowing from what direction it will attack.

It seizes her and makes her howl in pain  
Until she can no longer stand on her four legs  
She folds her hind legs and pants rapidly  
Until she lays her entire body down against  
The hard cold forest floor without strength

This predator is not like the others  
It is not visible or tangible  
Her fangs and claws are powerless against it  
It does not attack from without  
It attacks from within.