



# La Marca De La YEGUA

By Janny Hernández Paneque

*AUTHOR'S NOTE: My Name is Janny Hernández Paneque, I am a mental health Licensed Professional Counselor (LPC) in the state of Texas. I am first generation in the U.S.A, born in Habana, Cuba. I enjoy writing (in poetic versus/and metaphors). I was inspired to write this passage that comes from my personal reflections, and interpretations with regards to matters that bare the heart, and unravel both love & grief. This passage "La Marca De la YEGUA" explores the impact, and consequences of decision making, and the impermeable marks that come from those decisions made or not made. La YEGUA is a symbol of strength for me- because she is grounded; she represents both freedom, and captivity, carrying with her both primal and intuitive awareness. La YEGUA, understands that we have decisions to make, and all of these decisions leave residue of either triumph, failure, regret, pain, loss, etc. that we cannot escape from. Hence, it is through the process of self-exploration, and awareness, where we must find the strength to face ourselves and leave our mark.*

Quiero Dejar Mi Marca En Todo, Porque El Que No Deja Su Marca No Ha Vivido, Y Bueno... Si No Dejas Marca, No Tienes Nada Que Contar.

Quiero Que Mi Marca Vibre Inconfundiblemente Como *La Marca De Una Yegua*. ¿Será mía (será la tuya?), inconfundible a otras, digna, propia, fresca, brillante, volcánica, nostálgica, amorosa, y libre. Todas nuestras decisiones, y acciones en la vida dejan una marca, esa marca es tuya, te pertenece, es tu esencia, es tu suspiro, es tu pasión, al igual que la rabia... es lo conseguido, o lo perdido, es tu angustia, y tu sonrisa, las decisiones realizadas y las perdidas, es el todo que vive en ti, es la sonrisa que regalas, o la que ocultas, es la sombra que nunca puedes esquivar, es tu perfume, es tu firma con punto final, única, bestia, radiante... ¡YEGUA!

¿No te pasa, que a veces piensas qué sería de mi vida, sí, sólo esa "decisión" esa pequeñita decisión hubiese sido diferente, no tan diferente, pero solo un poco... ¿Quizás sólo un tilín diferente?

Bueno, ningunos en sí sabemos la respuesta a esto. Porque adquirí tal respuesta requeriría vivir dos vidas al mismo tiempo, y bueno, este tipo de magia simplemente no existe. Pero si existe en nuestra cabeza, y quizás en nuestros corazones, cuando el fracaso de lo "tal elegido" nos regresa al punto preciso- donde creemos sin duda que cometimos "el error."

Pero la verdad es que siempre vivimos en dos mundos, vivimos los hechos de la realidad física, y vivimos en la mente (con nuestros sueños, imaginación, rencores, y pensamientos). Lo interesante es que cuando creemos que nos fue "bien en tomar una tal decisión" generalmente no pensamos mucho que quizás detrás del supuesto triunfo pudiera en un futuro (inesperado) aterrizar el gran error.

Y al igual cuando tomamos una decisión que

nos resulta en un inmediato error, no concebimos mucho en la posibilidad que en el "supuesto error" también puede existir un bello triunfo.

Ya que el soñar en sí, no tiene punto final, sin límites, fluyendo infinitamente, esquivando el ancla de su realización. Pero en fin, todos soñamos, unos más que otros, y existen aún aquellos que parecen vivir fuera de la realidad.

¿Sabes donde habita la duda? Habita entre el sueño y la realidad, y existen momentos donde la realidad supera el sueño. ¿Y qué pasa con estos sueños no realizados, existirá un cementerio de sueños? O, simplemente les cambiamos el nombre a "fracasos." Qué fácil, ¿no? ¿Qué es lo que existe entre el espacio entre un sí o un no? Lo crees ser un abismo, o una batalla entre la ansiedad y la angustia del no saber el punto final; y la esperanza que se tiene cuando se lanza la fleche a su merecido destino.

Ah, pero esto no es angustia para la YEGUA por qué ella no contempla estas ideas filosóficas. Ella ve la vida y los sueños muy diferentes, y ella no contempla tal batalla en lo que es (realidad) y lo que se sueña. Para ella- es un poco más simple. Ya que ella vive sus sueños y su realidad al igual.

¿O, es que pensabas que la YEGUA no sueña? Bueno, te equivocaste, si sueña, y sueña mucho, pero también sabe muy bien como vivir en la realidad. Sus patas no confunde la yerba con el mar, oh sus maltratos por caricias, oh su corral por hogar, oh sus suspiros por el duelo de lo que no pudo ser.

La YEGUA es sabia y es sabia porque ella comprende que el fracaso al igual que el triunfo no existen, la meta es vivir, y vivirlo bien vivido, y cuando aprendas a escoger entre el sí, o el no, firme, segura, y brillante... lanzarás tu marca... es tuya... solo tuya... mi querida y honorable YEGUA.





# The Mark of the MARE



I want to leave my mark on everything, because the one who doesn't leave her mark hasn't lived, and well... If you don't leave a mark, you have nothing to tell.

I want my mark to vibrate unmistakably like a mare's brand. Will it be mine (will it be yours?), unmistakable to others, dignified, proper, fresh, bright, volcanic, nostalgic, loving, and free. All of our decisions and actions in life leave a mark, that mark is yours, it belongs to you, it is your essence, it is your sigh, it is your passion, and your rage... It is your conquest, and also your loss, it is your anguish, and your smile, it is the decision made and lost, it's the everything that lives in you, it's the smile you give, it is the smile you hide, it's the shadow you can never avoid, it's your perfume, it's your signature with an end point, unique, beastly, radiant... MARE!

Do you ever ponder at times, what would my life be like if that "one decision" that small decision would have been different, just slightly different, not so different... Maybe just a tad different? Well, the reality is that none of us really know the answer to this. Because for one to consider a response, one would be required to live two lives at the same time, magic

and well, this kind of simply doesn't exist. But it does exist in our minds, and perhaps in our hearts, when the notion of failure "based on what has been chosen" brings us back to that precise point—



where we believe without any doubt that we made "the mistake." But the truth is that we are always living in two worlds, we live the facts of physical reality, and we live in the mind (with our dreams, imagination, grudges, and thoughts). The interesting thing is that when we believe that we did well "in our decision making" we usually don't pause to consider that perhaps beneath the perceived triumph there could be in an (unexpected) future mistake that awaits for us.

Furthermore, when we make a decision that results in an immediate error, we do not conceive of the possibility that in the "supposed error" there can also lurk a beautiful triumph.

Do you know where doubt dwells? It dwells between a dream and a reality, and there are moments when reality can be better than a dream. And, what happens to these unfulfilled dreams, is there a cemetery of dreams? Or do, we just rename them "failure." That's easy, isn't it? So I ask what is it that exists in the space that lies between a yes and a no? Do you believe it an abyss, or possibly a battle between the anxiety and anguish of not knowing the end point; or perhaps it is the hope you have when you launch the arrow to its well-deserved destiny.

Ah, but this is not distressful to the MARE for she does not contemplate these philosophical ideas. She sees life and dreams very differently, and she does not contemplate the battle between what is (reality) and what is dreamt. For her— it's a little simpler than that. Since she lives her dreams and her reality in the very same way.

Did you think the MARE doesn't dream? Well, you are wrong, she dreams, and she dreams a lot, but she also knows very well how-to live-in reality. Her feet do not confuse the grass with the sea, or her mistreatment for care, or her fence (corral) for a home, or her sighs (suspiros) for the mourning of what could not be.

The MARE is wise and she is wise because she understands that both failure and triumph do not exist, the goal is to live, and to live fully, and when you learn to choose between a yes, and a no, firmly, confidently, and brilliantly... Your mark will be launched... for it is yours... yours alone... my dear and honorable MARE.

BIO: See Author's Note.

