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**Journey Woman**

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The shadows of her past
Stand as sentinels
Stoic and static
They refuse to move

She moves forward
Exhausted at times
Gaining Strength
Conquering
One soldier at a time

It is her war
She accepts
And reprieves
To quench her thirst
To rest her weary mind
And heart

Notwithstanding her weary bones
Journey woman has never been alone

“The most distinctive image of heroic combat in the Irish tales is the “Warrior’s Salmon Leap” (with which one can strike down an enemy or cross a ravine). Cuchulain learned from, fought, and had a son by warrior women. Here, one of these has used the “Salmon Leap” against him (though I admit that I have no idea what this tactic actually looked like).” (Source: Warrior Women by Norman J. Finkelshteyn; www.geocities.com/Athens/Olympus/3505/wmarmor.html)