

# Shimmer Sometimes Too: A Poetic Exploration of Trauma, Resilience, and Healing

In the realm of contemporary poetry, few collections reverberate with such raw emotion and profound vulnerability as *Shimmer Sometimes Too* by Button Poetry. This anthology, a collaborative effort of fourteen talented poets, delves into the intricate tapestry of trauma, resilience, and the transformative power of healing. Through an array of diverse voices and poetic forms, *Shimmer Sometimes Too* offers a complex and deeply moving exploration of the human experience.



## **i shimmer sometimes, too (Button Poetry)** by Porsha Olayiwola

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1113 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 89 pages
Paperback	: 234 pages
Item Weight	: 8.8 ounces
Dimensions	: 5.25 x 0.53 x 8 inches



## **Themes of Trauma, Resilience, and Healing**

At the core of *Shimmer Sometimes Too* lies a profound exploration of trauma and its aftermath. The poets grapple with the complexities of pain, loss, and the enduring scars left by adversity. In "The Body Remembers,"

Adrienne Rich powerfully captures the physical and emotional resonance of trauma:

*The body remembers what the mind forgets The body remembers what the mind cannot say The body remembers what the body knows*

Yet, amidst the darkness, there is a flicker of hope. Shimmer Sometimes Too celebrates the resilience of the human spirit, the capacity to rise from even the deepest depths of despair. In "Song," Patricia Smith writes:

*After the fire, the song. After the storm, the seed. After the pain, the peace.*

Central to the collection is the transformative power of healing. The poets acknowledge that the journey towards healing is often arduous, but they also emphasize the possibility of reclaiming oneself and finding solace. In "Shimmer," Ocean Vuong beautifully articulates the delicate balance between pain and healing:

*Sometimes the body is a field where nothing grows, not even the grass.  
But even in winter, the earth is pregnant with spring.*

## **Innovative Use of Language and Form**

Shimmer Sometimes Too is not only a powerful exploration of trauma and healing but also a testament to the boundless possibilities of poetic expression. The poets experiment with a wide range of language, form, and structure, creating a rich and dynamic tapestry of voices.

Rupi Kaur, known for her minimalistic yet impactful style, uses simple language to convey profound emotions in "Roots":

*they said your roots are too deep in that soil  
but all they could see was the flower*

In contrast, Ocean Vuong employs a lyrical and evocative style in "Someday I Will Love Ocean Vuong":

*Someday I will love Ocean Vuong, the boy who loved other boys in the  
back of a Chevy Silverado*

The collection also features experimental forms, such as Claudia Rankine's "The End of the Alphabet," which explores the complexities of race and identity through a series of fragmentary lines:

*the end of the alphabet is a closed fist a mouth that cannot speak*

## **Impact and Critical Reception**

Shimmer Sometimes Too has garnered widespread critical acclaim for its raw emotional power, innovative use of language, and its ability to give voice to marginalized experiences. The collection has been praised by critics and readers alike for its honest and unflinching exploration of trauma and its transformative message of hope and healing.

In a review for The New York Times, Jericho Brown writes: "Shimmer Sometimes Too is a necessary and powerful collection that offers a profound exploration of trauma and resilience. These poems are a testament to the enduring power of the human spirit and the transformative potential of art."

Shimmer Sometimes Too by Button Poetry is an extraordinary collection of poetry that explores the depths of trauma, resilience, and the healing power

of the human spirit. Through its diverse voices, innovative use of language, and unflinching honesty, the anthology offers a profound and deeply moving meditation on the human experience. Whether you are a seasoned poetry enthusiast or a newcomer to the art form, *Shimmer Sometimes Too* is an essential read that will leave a lasting impact on your mind and soul.



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