

“In Times of Mind - Hope”

In times of mind,
Through experience,
I lose myself.

I see, and think, and feel,
And lose to myself.

I circle and dive,
I resurface;
To a confused sea.

I struggled against
The currents within;
And the steep mountain ahead.

I swim and climb; alone:
Against the winds within.

In the blackness,
Without light, I turn searching,
For landfall, or the smallest foothold.

I am alone.

I reach out my hand,
In one final grasp at survival.

...And suddenly, I feel
The grip I have been seeking.

I am held afloat,
A firm foot hold found,

It is love,
And family,
And friendship;
It was there all the time.

The light of the beacon,
Always shines;
My blindness was from within.

The light now guides me;
The light now fills me.

I now sail and trek forth,
In light, in love;
With hope.