

Going to Boulder

Be it in person

Or by Zoom

Gives us all

A breathing space

Says Ms Brown

Don't frown

Make friends and

Renew with

An a-ha at

The peak before

We speak to

Each

Other.

Examine the unexamined story

The story

The story in one's head

Even in New York

You have an origin. Jews

Negroes, Dogs before

The whites sold

And moved on. Read

The whole story and

Break down

Prejudice and reflect

The space between

The thoughts
Bringing tears. When
Taking control
Mikki with six words
Damn the danger be
A head botherer
Enhancing
The lives of others

But hold on:
I emailed Mikki
Got no reply!
What then
Is my current
Story? Two of
Thousands. Job lead and
Mentor. Back head
And heart. Time to
Just be. Choosing
The happiness doing
What makes me
Happy. Having fun
With therapists and
Family. I am my
Current story.

You're on mute. No!
I'm not
It's against my
Religion!
Have faith
Follow your own shining
Wherever you are
It's called
Here. Listen
Stand still. We are
The trees amongst which
We meditate
And
Nourish ourselves with
Guidance. Just listen
In this quiet place
In the bell jar with
Your elder wiser
Self. Connected with
Gratitude. Golden years
Not olden years. We're
All making it up
It's an amazing place
What should we really
Be talking about? Being
More silent. Wherever I am
Seems perfect.

I'm awake
Still surprised
I jump
Holding on and
Letting go all
Metaphors and
Integrate with
Groundedness feeling
Your feet
On the floor four
Times. Exhale
Inhale. Rise and
Fall with your
Skyhook. Your life
Your river
Your reflections your
Shadows dancing in
Your heart
What do you wonder
And still
Not know? You are
Your own
Author.