

A Friend in Me

Swayed by breeze, lost my course. Tossed by waves, struggled to float. Repaired the ship, reinforced the hull, strengthened helm, retrained to sail. New winds and waves threw me about upside down, and off my course. Beaten, defeated, ship capsized, with nothing to hold, just my breath.

It carried me tender to an unseen place untouched by winds, unclaimed by waves. A sea of stillness in a writhing me. Or was it me inside the sea? Either way, now I know this serene respite, the safe retreat. A forever friend in my breath, upon whom, I often glide. The bigger the storm the deeper I dive.

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