



## **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.

**Suruchi Arora**