

Falling into Now

I am unsure how to walk
This tightrope between joy and fear
I see below me the safety net
Of Peace

And I know that if I could only let myself
Fall- just once into that gap
Embrace the sensation of letting go
And freefall into the NOW
The landing would be my release

But I am a child prodigy of this delicate act
A ballerina of balancing between
Raised by a family of circus performers
Who taught me well
The adrenaline of the tightrope
Still calls to me

But at night, in my bed, I dream
Of Falling
Not nightmares, but sweet floating, flying dreams
With a strong net, like a peaceful hammock
To wake up in

Kathy Bell