

And Once Again.

Experience dries my tears,

Optimism stitches my split-open heart.

Determination's fist is my reflex,

Friends' caring nurtures from afar.

When I don't know what to do,

My go-to is to do nothing.

Time makes the unbearable bearable,

But only if I allow it to.

I exhale this fog of unhappiness.

The sun shines on my horizon.

I laugh out loud,

My heart beats with some ease.

A hummingbird visits the feeder,

A deer walks to the water bucket.

I remember I love my life,

I remember my life is good.

Written by Peter Skeels © 8-6-2026