

## **weaving**

when the world feels  
overwhelming  
the news headlines  
robbing the world of joy  
day after endless day  
the only thing  
you can stop is you

take time  
to delve within  
focus on your breath  
walk in nature  
seek what soothes you  
stoke your spirit  
let it weep when it must  
believe still that it will soar

open up  
to those you trust  
voice your fears  
repeat your hopes  
for yourself  
and the world

when it feels  
like nothing will change  
try something new  
learning and creating  
will shift your focus  
refresh mindset

which is how  
I came to weaving  
the warp threads set  
fixed on the frame  
beyond my control

even the yarn  
is not my choosing  
I took what I could find  
life doesn't always  
give you what you want

but it is me who decides  
what pattern I create  
my fingers threading the shuttle  
my mood dictating  
the rhythm with which I work  
my heart that delights  
in what I make

45 minutes later  
nothing in the world  
has changed but me  
and for now that feels enough