

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