

TUMBLE

ANGER

at pain
 gives way
 to loss and
 sadness. When
 acceptance comes
 the soul begins
 to

SILENCE

creates space
 into which awareness
 enters and discovers
 opportunities,
 peace and
 a desire
 to

LAUGHTER

breaks tension
 and fills the air
 with mirth and joy
 allowing the spirit to
 soar in the clouds
 returning again
 to

TUMBLE

meeting the earth
 softly making contact
 shoulder then arms then head
 more aware of movement than direction,
 the sky and grass and trees whirling around together
 until the feet hit the ground and the body recovers balance
 with strength enough to move and rise and face a new beginning.

