

Life Spring

Susan J. Cohen

Breathe

Company life,
company lore

they gave me the word
and showed me the door.

breathe out 28 years
breathe in 28 more

Over project details
I mindfully pour.

breathe out 28 years
breathe in 28 more

thoughts of what happened,
who with, why, and more.

breathe out 28 years
breathe in 28 more

Hearing my tales, friends smile but ugh what a bore
parking permit, iPhone, and a badge that I wore.

breathe out 28 years
breathe in 28 more

Soon it'll run dry this history encore
but for now it's a chasm that I can not ignore.

breathe out 28 years
breathe in 28 more

Right Now

This is my intention

Right now

This is my pace

Right now

This is my direction

Right now

This is who I connect with

Right now

This is where I want to be

Right now

This is what I love

Right now

Treasure

The bliss of smelling summer air
Keep it in the treasure chest deep inside you
It is as valuable as emeralds
As beautiful as lilacs
As nourishing as honey
It will always be there to revive you