

...may 30, 2020...

**sometimes i'm totally in the flow
slipping between hours like a fish
in a river flowing to some sea –**

**some days i am buoyant and assured
gliding through the day with sharing smiles –
while other days i don't know who i am –**

**other times i stumble when i walk
avoiding people as if i'm a plague
that needs to hibernate until i heal –**

**sometimes i'm a child in revolt
thinking everyone is judging me
(which really is me assessing them) –**

**i see a part of me in everyone –
all exploring life realities
with all of us reflecting other-me's.**

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