

...july 8, 2022...

**at first he was afraid
until fear became his life –
he loved the panics telly wove
of sickness – war – and death –**

**when the fears became too much
he let sadness rage –
a victim to each day that dawned
and shacked him to fog –**

**when sadness merged to anger –
he blamed every one and thing
everyone one except himself
for being trampled on –**

**until – one evening sitting
on a quiet beach
the rainbow waves of sunset
caught him unawares –**

**without the dark there is no light –
in him – the power to choose –
and suddenly he saw the sky
and breathed the salt of change.**