waiting can be scary

 the defining quiet

the terror is there

and if I wait

if I sink

underneath

I can feel nourishment

I can feel something bigger

begging

to be recognized

I can

O P E N

but when the days

been full of too much frazzle

the feeling inside is too much to handle

I find

I would rather be busy

or left

all

alone

because it's just too much -

or not enough

and I know

at other times there is a blessing --

a joy in the wait

a quiet reminder

and

an opportunity

to connect with the

everything

often as brief as that may be

 it's enough to support me

as the waves of life continue

 all around me.

Alissa Rae Hill