

Medallion Petals

Jewel medallions glimmer softly
The center of attention but no one
Focuses
Gold light reflects through the gems
As if a source of energy
Illuminating the room with hope
Serene blue splashes, then floods
The surfaces of every neighboring wall
Shadows hide away from the luminescence
Not from fear but
Awe
The medallions open into petals
Petals extend into wings
Each wing containing hundreds of stars
To help navigate when the shadows
Overcome the light
Feet rest as backs recline
Into the red plush cushions
Silence encompasses the room
But
Our minds are loud
Taking in every glimmer gleam and glow
We stargaze at the ceiling
Submerging ourselves in the gold and blue
Peeking through the kaleidoscope of connection

Inhaling The View

The salty breeze falls across my face
Water stings my eyes
But it does not burn
I feel alive
Suddenly I hear the voice of every being
The sound of every action
I am focused
Present in every meticulous moment
Paying attention to the
Calming of my breath
The squishy sand beneath
My feet
Saturated with water
Sunlight entering my body
Pink orange and yellow
Dancing around my nerves
Filling my lungs with color
I exhale the sunset
The sun beams are calming
Yet exhilarate my mind
I am at peace yet fully awake

My head no longer racing
Shutting out the darkness
Walking towards the light
The waves crescendo across my
Body
Growing higher
The tide getting stronger
And I remain still
Taking in the ocean
Embracing defeat
Stepping into the vast body
Bravery washes over me
Beneath I feel
The slippery seaweed
Rough edged
Rocks culminating at the bottom
Deeper and deeper they sink
Burying their beauty as if ashamed
My head naturally falls back into the water
Burying my beauty as if ashamed