

Goldfish Gift

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The goldfish I'm told
has a longer attention span than humans.
This may be myth
but our lowered attention span is not.

In a small glass bowl
two tiny goldfish are swimming.
There's a large shell at the bottom ...
you said they could sleep there.

You wanted them so much and
here they are.
Watching them
I feel my attention expanding

into a place of peace
with no need for measurement
only these shared moments of movement
in our small worlds.

Allegra is right, we are losing our ability to maintain focus with screens, scrolling and brain training for instant gratification. And yet, here she is paying attention to tiny goldfish in a bowl, with an implied perhaps grandchild who put in a shell 'bed' for the fish. From the small focus, Allegra expands her focus, reminding the reader how small noticing is the gateway to peace. The metaphor of the goldfish bowl is lovely. This resonates with a famous quote from Mary Oliver who said: "... the soul exists and is built entirely out of attentiveness." Paying attention to everyday beauty. This poem reminds me to do that.

Deborah knows Allegra. Could you tell us a bit about her?