

The Other Side of ME

One day I will see all that I need to see
Do all I want to do, walk where I would love to walk
Talk all I would love to talk
And be all I need to be before M.E.

I am now behind me walking like a snail
People much older racing quickly by
While I go slowly, slowly
I used to dash here and there

There to help with my son and daughter
Energy to walk, run, work outside
Walk the dog, shop and shop, clean and cook
Without a thought for the energy it took

It was so easy dashing around, I could not feel the sound
I was in the middle of my own life and didn't even know
Right now I am on the outside looking in at what used to be
While in my shadow I remain

I have found another kin
It is the other side of me, a deeper view within
A newer way of knowing, a slower way of going
A keener way of seeing what I've got

An awesome appreciation of the energy
Just to visit a friend, pick a rose
Turn a bend, see the sun have some fun,
Life in the slow lane, a dripping realisation

A sip by sip, dip by dip, way of life
And back to bed and rest a while

Bernadette Barnes