Meeting the humming bird

I found myself the other night
descending a bottomless pit
without foothold in the world
and endless my falling.
Then a humming bird
placed itself in the air
opposite my face
and I said, Lord,
Help me, I'm going nowhere
at savage speed
and cannot stop
and the tiny bird said
learn my lightness
so you may pause and see
that falling is just clumsy.
No need.
Just ride these waves I made.
Ride me.

Rogan Wolf

NHS Central London Clinical Commissioning Group

United Response support that changes with you

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