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Recovering

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If we focus too much on our loss—
love, health, or job—
we will get caught in the rewind loop
fear and anger sounding the alarm
tossing us
into the negative spin cycle
stuck in deflated, desiccated thoughts.

Every day I must remind myself
how to extricate myself.
I practice walking meditation
slowly retracing my steps
with kindness and curiosity
letting go of the past as I turn around
and calmly reach the present.
It takes great effort
to lift, lower, and roll onto each foot
feeling the earth
keeping my chin level
noticing the presence of someone
cheering me on
with a smile illuminating my path
and in time
hope shines within
as I relocate, recreate,
find myself again and again
the self I thought I had lost
now interwoven.

Listen to Namrata Gumaste read this poem, available on the iPad® and Android™ devices.

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