

Take a Deep Dive

NICK LEFORCE

I am stunned into silence
at the critical moment
when I should speak my heart
Because I cannot decipher
the mix of swirling emotion inside

I am an enigma to myself-
sailing the surface
of a sea of thoughts and feelings
and a depth of life
of which I am barely aware

Afraid to take the plunge
on the spot,
I must drop anchor,
take my own sweet time to put on a diving
suit,
and ease into the unknown depths
in order to know what I feel.

Strangely, I find more courage
to go under in stormy weather
than in clam seas as if
I would rather risk the hazard
than dance with the beauty
of what lives in my heart

I sense the calm seas hide
a great danger: a fickle mind,
ill mannered and undisciplined,
which can sweep you away
on long, lonely nights

taking trivia to new heights
and petty concerns
to places in the heart
where they do not belong.

It has taken me a lifetime
to learn to listen
to my poetic heart;
to still myself long enough
to feel the stirrings of my soul

to claim the real urge
beneath the urgency;
and to base my life,
not on the sweet pleasure
found in passing whims,
but on the timeless truths
found when you take
the deep dive
all the way down
to the bottom
of the heart.

from Endless Horizon

Create space
and connect in

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