

Again

Sue
the second time
I saw you
clearly
after you died
I was dancing

Again in my movements
and in my thoughts
I was reaching up to you
and quietly, softly
gently

There you were

More than five years
have passed

You were farther
away
this time
but your light
and love were
even brighter
and I saw you

*saw the reality
you had become
in my consciousness*
in the distance
more clearly

It is weeks later now
I was awake long before the sun
would come
around
to this part of earth
where the body

encompassing
my thoughts
still lives

I woke several hours ago
and read about the physics
that makes flight possible

and then
to try to sleep again
I put the words aside
lay down again
and visualized
seeking to ungrasp
all thoughts
and meditate
to a state of blissful
nothingness
and sleep

In the beginning
soft images
and revelations of the miracles
I had been reading about
and wanting to understand
completely
in my muscles and nerves
as well as my mind

*actual images flowing
past me
with my existence as a simple mind
floating in
thoughts emotions visions
created by my soft intentions
of letting go
and experiencing knowledge
and then no knowledge
directly*

folded into the substance
of life and awareness
of being awake
relaxed
and quiet

I saw the physics
of emotions

what causes
their lift and drag

no words
the truth simply flowed
and swirled
around me

I began to pray
in a new way
understanding
love and anger
in a new way

and I moved through my prayer
in a new way

and the way peacefulness
appeared
reminded me that I had seen you
again

*dancing is my most innocent
prayer
the easiest way I can become
a child
escape experience
and just be alive
again*

and I got out of bed

silently and effortlessly
dressed in warm clothes
and came downstairs
to write this poem
for you

remembering
how I had seen you
again

the moon
just past full
greeted me
as I began to write

reflection of your light

the tender pink glow
of day's beginning
smiles at me
now

Thank you, Sue
for letting me see you
again

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