

Poem

The Depths of Emotion

As I sit in the last remnants of the dark of night

I think of how connected I am to my emotions

It's like I'm not just staying on the surface

Not just staring down into the depths

Afraid of those depths

Or denying how much I want to explore those depths

Over the last decade of my life

I have plumbed the depths of my emotions

Good, bad, ugly, painful

I have no regrets in doing this

For I learned that I won't drown in those depths

That I can breathe on the surface

If I can dive deep into the sea of my emotions

The depths have dark passages

But they also have bright colors of life

Shimmering light from the surface

Smooth warmth of water that soothes

Sometimes a wreck is found

And in the wreckage

Answers are found

The time before I swam these depths is a bit murky now

I look back now

And know I was not truly looking into the depths

I had silenced my fears of the depths

By telling myself I had no need to go down into them

Back then, I felt like I couldn't go down into them

Because I would not be able to breathe in those depths

Now I know I can breathe in the depths

And breathe deeper on the surface

I feel the connection to the depths of my emotions

Through all the pain

Through all the work to put my feelings into words

Which in turn cleaned out wounds

And helped stitch those wounds closed

Then time formed scar tissue

Scar tissue that holds when I enter the depths of my feelings

I will tell you it is worth it to descend into the depths

Into the depths of your past

Into the depths of your most intense emotions

Into the depths of your most painful thoughts

Not just to remove the talons from your mind, heart, and soul

But to let the waters cleanse your mind, heart, and soul

I do not fear the depths now

I trust my knowledge

I trust my experience

And I trust myself to think and not panic

Or retreat and hide on the surface

Most of all I can look down into the depths of my emotions

And see beauty and light

Pain and healing

Loss and hope

And then I can sail on the surface

To new horizons

New adventures

New people and places

The road calls to me as the water does in my mind

That call is answered from the depths of my emotions

Sails unfurled

Sunshine by day, stars by night

And light even in the darkest of depths

Sail on

Ride on

Move through the waters, cool or warm

Dive into the depths out of curiosity, not fear

Break for the surface

Break the silence

Feel your feelings

Listen to your thoughts

Find the words

And heal from those depths

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