

## The Stillness

The warm sun on my face  
Like a blanket  
The river up to my knees  
I step out of the water  
A slight breeze  
I shiver  
I'm not worried about anything  
Not worried about school  
What anyone thinks about what I'm wearing  
Or if I've forgotten to do something

Just the peace of being here  
The earth beneath my feet  
And the sky stretching out  
A canvas of blues and whispers  
I breathe deeply  
Absorbing the stillness  
Each second unfolding slow  
Like ripples on the water's surface

In this moment  
I am free