

The River

Shed to grow.
Lose yourself
to gain yourself.
Unlearn to learn.
Let go
to catch.
There is a river flowing
within each of us.
Some areas are deep,
and we cannot see the bottom.
Some areas are shallow,
revealing the many rocks
that have been smoothed through time.
Sometimes there are boulders
that snag us or catch us off guard.
The river runs fast
in some places and slow in others.
There are rapids,
some big and some small.
Hold on!
There are areas you can swim
and areas you can wade.
Your river needs springs.
How are you feeding your river?
What is the quality of your springs?
Prayer, meditation, love, and peace
are quality springs.
Greed, hate, jealousy, and fear
are toxic springs.
Be good to your river,
for it not only flows through you,
it flows through others.
God made it pure and whole,
and it is our responsibility to keep it so.
Eventually, your river will meet the sea,
and there, you shall be free.

By Wendy Bryant Motley
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