

## **I Am Not**

**By Judith R. Merz**

I am not lost or broken anymore.

Staggering, I have found my way.

Reeling, I have found my path

To where I did not want to go

But must.

Through deeply dark and frightening days

I've wandered,

Relentless in a search for reason...

Sleepless in a search for peace...

Driven, soul-sick, bleeding from a million cuts...

Dragging an unbearable burden of ifs and whys,

Struggling from belly to knee at last to stand...

To stand, at last, unbowed and now resolved.

I gather the sharp shards of shattered self,

Untangle knots of misplaced trust

That wrapped and choked my gentle heart,

Breathe deeply of newly grasped truths,

And build again—stronger than ever for the breaking,

Changed but restored and almost whole,

Bound again by hope and love...

I am not lost or broken anymore.