

**A Poem**

***Self Arrest***

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Sometimes,  
My deepest places heave  
Like sudden waves  
And all my knotted kite strings  
Break again,  
Snapping open old wounds.

And in this loneliest hour  
I reach for the you I cannot have  
And draw back lonelier still,  
Holding emptiness  
Like ice in the open hand -  
Melting me further away.

I fall from stars  
And wonder why the falling.  
I hold my own hand to remember your touch.  
There is no risk in my love  
Because I do not have yours.  
And in the freezing of the fire  
I find my deepest age.

## Upon Reflection.....

This poem was written many years ago while confronting the reality of an unrequited love scenario and recognizing that my heart was on the brink of a painful emotional descent. In winter mountaineering there is a term that is used to describe the method of saving oneself during a fall/slide on a steep icy snowfield. To catch oneself, the climber forcefully swings the ice axe into the snow or ice to slow and hopefully stop the fall. This maneuver is called 'self arrest'. Life is full of potential falls. Some can be averted; and others, not. At this vulnerable moment in my life, I pulled out my ice axe.

All our experiences have the potential to teach. They hold the value of sharpening the lens through which we view life. Being courageously present and tuned-in to the self in the hard instances of life's pain and sorrow eventually leads to growth, compassion, liberation, and the ability to move, pivot, and leap more wisely in the future. The 'freezing of the fire' could not have been possible without a previous bleeding heartbreak, just as 'finding my deepest age' was only possible because of it.

## Author Note

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