

Feelings

*“Keep your heart with all diligence,
for out of it spring the issues of life”*

(Proverbs 4:23)

But they are feelings

Moving all the time with me

They live within my depths

Within my heart, within my ribs

They show upon my smile

And in my laugh and in my tears

They are feelings that follow me

Throughout my wake and in my sleep

They run always

Throughout my blood

Whether aware of them I am

Or aware of them I'm not

How often have I said to them

‘Go and leave me, then return’

But they are feelings

Moving all the time with me

Whether aware of them I am

Or aware of them I'm not