

The Legions of My Heart

Many rooms of my mind are filled to overflowing with all
the treasures of my heart. All the tears of joy are
eddyed with the pain of sorrow and yet, amid all
this turmoil lies the core of peace and unbridled love.
Here, today, I am offered wisdom of dreams unknown
as well as those realized. Above all thought lies the
truth we seek from cradle to grave.

Love is all there is.

Whose idea am I, I plead as I lay dying among my days.
My own, say I to myself and shivers of ecstasy live
even the dead cells dormant among these bones.
Breath, like wisps of smoke dissipating
from last embers escapes only to be
harnessed with the inhaling of my being.
I live another moment to bask
in the joy of
All That Is.

Winifred Ann Weishampel

July 15, 2015

(After losing a life partner in Ohio and moving to Pennbrooke.)