

2000

awakening

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Cover Page Footnote

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ANN STANLEY-BARRY

awakening

finding myself in a darkened café
lapsing into my role
of silent observer
nursing a mocha latte and
cradling my worn copy
of One;

i slip into my own state of amalgamated oneness

these words
falling from the lips of those around me
have passed through mine as well.

feeling as if
my wholeness depends
upon my conscious acceptance
of my reflection
peering at me in the eyes
of a stranger;

i realize i am only one
and yet i am many.

i see myself fleetingly
in the eyes of a child my
innocence reflected in the
wide eyes of youth.

i find myself lingering
in the deep pools
of cataract infested eyes
immersed in the wisdom bred
by years of living.

i hear my song
as it is sung by the ocean's
age old rhythm
of ebb and
flow.

i feel my
own lifeblood
echoing in my ear
as I rest my head upon
your weary chest.

i know myself
when I find myself
in others;

i come to realize
a solitary existence is
a desolate journey through perilous land;

i begin to fear
futility more than rejection.

with precise deliberation
i force myself to lift my eyes from
these words that have become my refuge
to focus them on
the foggy uncertainty lying before me.

i slip into my own state of inclusive distinctiveness

my lips begin
to form the words
which comprise conversation.

feeling as if
my wholeness depends upon my
participation in this life
i am living;

realizing i am many
and yet i am only one.