

Swimming in Moments

for Robynn Lynn Coakley Zender

Sleek currents tow us far from shore
Lighthouses slip past, receding into sunset
Swimming toward a spa that beckons us further
Is this hot exercise or cool meditation?

Drenched in fathomless waters, extremities numb
An interrupted breath away from sinking sleepily
Air foams, heaves brine, we swallow, startled
A soothing rush of full presence courses through us
Buoys rubbery limbs, drooping breasts

Like salmon we claw up obstructed beach, scraping on
Smooth dams ruthlessly batter nails, terraces jut up
Altered streams bury our birthright, concealed grail
Not far upstream our identity, long hidden, cries newborn

Swim together up currents to deep, still water
I dive through you. Draft me, check my direction.
Let us thrash, splash, dart, mark sirens' shoals!
Coast with my currents and beware my eddies
In this moment sharks attack, fear pounces,
Tears evaporate, and we swim. In this moment.

Irvine, California

May–June, 2003