

If you fall down

If you fall down, we're told,
you shouldn't get up right away.
Lie where you have fallen for a moment;
catch your breath, take your time,
then carefully, carefully! – start to stand,
moving slowly, making sure
you've got your balance
before you carry on your way.

We have fallen hard,
knocked down by this unseen assailant.
It's ok to lie here a while,
listening to the birds,
watching the trees come into leaf above our heads,
enjoying the peace.

How will we get up again?
Will we rush to get back to where we think we ought to be?
Or take time to collect our thoughts
so that, when we start to move,
we can be sure to take the right direction?

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