

A NEW WAY

She said
the pain
hadn't improved,
hadn't gone away,
hadn't changed...
but she felt better.

She said she
still took the same medications,
still struggled in the morning,
still tired easily in the afternoon...
but she felt better.

She said
she couldn't understand
why her problems felt lighter,
why her life seemed larger,
why she had a sense of hope...
but she felt better.

When she started,
she had only hoped
for the pain
to go away.
What she discovered
was a new way
of living her life.

Dennis Warren