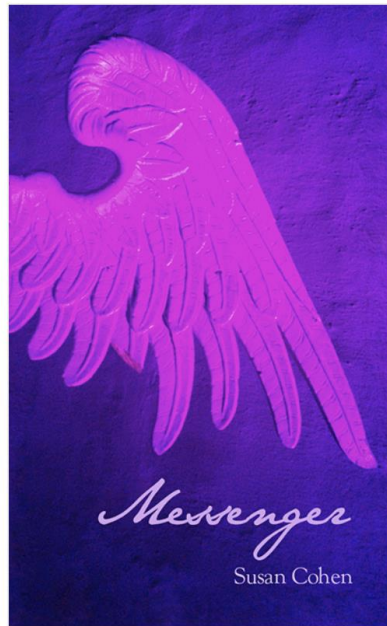
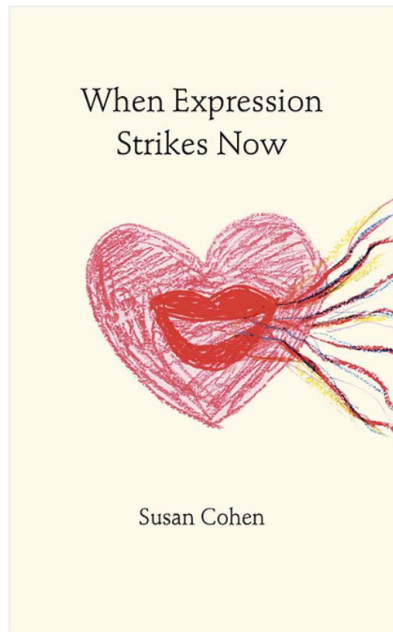




Originally from Boston, USA, Susan Cohen has lived in Sweden since 1988. After her 30-year career in engineering, she has shifted to a new path in freelance writing & editing and poetry making. Susan has published three books of poetry.

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The Tide

Daily life can have a pace that meshes with our natural rhythm. Activity and rest can allow for the ability to be generous to others in a heartfelt manner.



Image Wikipedia Commons

May we settle in our rhythms as tides do.

Let that ebb and flow guide our day

not the droning beat of unfinished errands

and finger tapping texts.

Shut the door when your tide is out.

Be dazzled by the jewels and shells

glittering at the bottom of your soul.

When the tide comes in,

open the door to share your rhythmic abundance.

Someone you love will feel nourished

when you choose to share a pearl with them.

The Only Ride in Town

Stepping back from our daily routines and responsibilities, we see overall patterns of this life. It may be challenging to live this life. No matter the ups and downs, we have this life only once and it is mostly cherished every day.



Image Wikipedia Commons

This earth is a spinning chaos ride.

Holding on for dear life

is the daily challenge.

There's lots of chatter

about the chaos and the conflict.

If the din gets too loud,

the man at the ticket booth shouts

"Hey, if you don't like it get off!"

Never!

This is our chaos.

This is our ride.

The only ride in town.

Life Lessons

Focus on the moments of daily life to see them as sources of inspiration and possibility. Treasure can be found.



Image PowerPoint

All of life presents a lesson.

Every day

every minute

every second.

You take down the shovel

and open wide your ears and eyes.

Then dig into life's loamy lessons

finding new seeds of inspiration

while being intoxicated on the scent of experience.

The Oldest Story

Everyday life has been around for a long time. Competition is a daily occurrence. One being's enchantment is another being's annoyance.

It's an old story,
the oldest on this blue planet.
Challenge me and I will evolve my way around you.
I might have wings instead of scales.
I might fly above you instead of stomping on top of you
but it will still be me.
Looking for a meal,
and a place to lay my little brain,
tired after another day of competing with my fellow
species.
Opposable thumbs and standing up straight aren't for
everyone.
I have the same troubling dream every night.
Those furry mammals
rub their hands and dance with glee.
The twinkle in their eyes--
it frightens me.



D. Finnin/© AMNH. Retrieved June 29, 2023 from <https://www.amnh.org/exhibitions/permanent/saurischian-dinosaurs/tyrannosaurus-rex>

Heart Stones

Notice what activities fill your day. Consider adding kindness to your daily toolbox.



Image Wikipedia Commons

A spark of kindness is all it takes to change the world.

So before you put the phone, the keys, the pills, and the
credit cards

in the backpack,

put your heart stones in.

When you see the need for kindness,

get them out,

strike them together

and give away the spark.

Remember to use them alot every day,

even more than the phone.