

POEM

Odyssey of life

Born to the world
you unfurl your sails,
snapping and billowing
they harness the power,
leading you through
the odyssey of life.

Wallowing in calm waters
you listen to the rhythm of life.
But, never far away
the wish of a breeze
to fill your sails,
and proudly you cut
a swathe through gentle waters.

To'ing and fro'ing
you face challenges,
adapting with ease.
But troubled waters lie ahead,
as winds of change bluster
and storm clouds gather.

The utmost challenge
facing you, your sails
battered and torn
you falter, struggling
for a safe haven
to rest your wounded soul.

The storm over, you emerge
shaken, but not broken.
And once again
you unfurl your sails
forging ahead, in your quest
to master the seas.

Stefanie Fleischer

Correspondence to Stefanie Fleischer, Waterford Healing Arts Trust, University Hospital Waterford, Waterford, Ireland;
stefanie.fleischer@hse.ie

Competing interests None.

Provenance and peer review Not commissioned; internally peer reviewed.



CrossMark

To cite Fleischer S. *Med Humanit* 2017;**43**:e12.

Published Online First 29 November 2016

Med Humanit 2017;**43**:e12. doi:10.1136/medhum-2016-011126