

CONTENTMENT
BY
Marlys Harper November 2022

A radiant feeling of well-being comes unexpectedly, illusive.
It speaks in undertones, easily missed, drowned out by the din.
Searching, I will find it in fleeting moments, unobtrusive.
Invite it, nurture it, and plead with it to remain within.

To invite contentment, I must contemplate, be patient, and wait.
Its entrance brings a warm sensation of satiety,
Longer lasting than happiness, whose euphoria evaporates,
It invokes a realization of gratitude to a universal deity.

It does not require the surrender of ambition,
But tempers it with reason and time.
Accepting the effects of daily fluctuation,
I trade perfectionism for peace and moderate the climb.

It teaches me to expect life's inevitable waves,
Appreciating those that softly lap the shore,
Yet promises guidance for riding the crashing ones,
Assuring me the sea will be calm once more.

Submitted June 2, 2023

Click here to email your review to Marlys: mnm6713@gmail.com