

stay a while longer  
if you can

breathe  
some more

even if it's just another hour  
be sure  
before you slip into the deep

I know that sea  
its rack & roar  
my soul cast off  
dashed on rock

it's like dying without dying

I don't offer hope  
hope is of some future place  
not here  
        adrift  
in the howling stretch

I honour your passage instead

hold to the raft of yourself  
if you can  
one shattered piece  
if that's all that's left

for just another minute  
if you can  
another breath

try to find a way of being  
of dying without dying  
your soul knows how  
to find a way to  
        rest  
        on the brow

hold a while longer  
if you can

even if  
it's just  
for now