

## **Making New Bridges**

by Rebecca Folsom (local CO singer/songwriter)

I am making new bridges  
from the island of my mind out into the sea of the  
unknown.

Before awakening to how vast life's unfolding,  
I thought the landscape of my mind was all that existed,  
tightly muscled, efforting through.

As perception and possibility  
expand,  
it is striking to me  
how entrained to limitation and habit  
the mind is

But, I am patient.

Sometimes it is slow progress  
making new bridges,  
throwing rope,  
setting posts,  
mind to heart to soul,  
mind to heart to soul.

The mind must be connected.  
It carries immense value.  
A steady mind,  
flexible but still, without friction,  
a sleek vessel that cuts through the waters of  
existence,  
precise,  
and leaves no wake.

If, in the work  
of building bridges,  
you are going to make waves,  
let your heart drive you, be dynamic,  
Let the imprint of your joy  
jostle the world  
and leave a legacy  
of generosity and kindness.