

My Interlaced Hands

break
the lake's surface
and I enter an underwater world.

Away from the bright lights
and loud noises,
where peace reigns
and quiet
has everything under control.

Underneath the water everything is serene.
The quiet empties my head of thoughts
and I look around.

The sun illuminates the silty floor
Curly Pondweeds
grow towards the sky,
reaching
for the sun.

The water is cool and refreshing
especially
after baking on the gray dock
with the sun beating down on me
and the shores of
Damariscotta Lake.

I breathe out my last bubbles,

Time's up.

I unwillingly take a swooping stroke
and break the surface
out
of my underwater world

where time stops
and I feel tranquil.

Nothing can harm me.