

Just be yourself...???

By Glenn Currier

In the crazy busyness of the day
where electric sounds suffuse,
even a little chat is often a freeway
of words and noise.

And in the midst, he tells me
"Just be yourself."

There I am
in the small space of silence
being undone
with nothing to say
while I wonder
what self.

A friend tells me they're getting a divorce.
The doctor says the tests are positive.
I watch: the surge of floods taking homes and lives
or images of smoke and debris right after a bombing.
After a real serious play or movie.
In the waiting room after I hear she is going to die.

In those lonely tiny spaces
of darkness
I cannot speak.

In those aftermath moments
I am silenced.

How do I react
to being out of control
or make these things normal
or fit them into my routine ways of being me?

Silence asserts itself
like a wild animal
I cannot tame.

At these intervals
of being powerless
I hope I do not miss the chance
to humbly bow
in silence
and embrace my humanity
and smallness
in the cosmos
where it is utterly trivial
to just be my self.

Author's Note: In humble gratitude to Rowan Williams looking forward to his upcoming book: [Being Human: Bodies, Minds, Persons.](#)

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