

## Sharing Copedom

How do you cope with nopes, with fallen hopes,  
with must-haves that go poof in the night?  
Do you glum out and turn numb?  
I do, for a while. Join me.

How can you know what you don't know?  
You need answers, but all you hear is  
the inside of your head. Do you worry?  
I do, for a while. Join me.

Is happiness just beyond the next locked gate,  
and no one around with key or hammer?  
Do you fantasize with fruitless wishing?  
I do, for a while. Join me.

When trouble somehow dissolves from notice  
and leaves you breathing free again,  
do you smile a breath of thank you into the One?  
I do, for a while. Join me.