

The River

By David Lindsay

Dip in a foot, once in a while
Let the cold bite
Sinking its teeth to your bones

Nothing wrong with that;
One way of checking you're alive
It'll not take long for your toes to dry
And you might even appreciate with fresh vigour
how great a warm sock feels

Wade in knee deep, once in a while
Refresh your spirit
Or at least clean your calves

There's something about that;
A sense of organised chaos
You're where you shouldn't be
Shoes cast away, hems at unusual heights
And yet, you are closer to nature

Jump in, once in a while
Hold your breath
Embrace the chill

There's little choice in that instant;
it's coming, ready or not
But you're in control and it won't take long
You can resurface and grin
Hair and clothes will dry, in time

Fall in, once in a while (most of us do)
Do not panic
Close your eyes

There's a time when you'll stop sinking;
Take each chance to rise again
Pick out painful breaths through the shock
However far from the bank you are
Know every breath counts to get you closer

Written for contest <https://allpoetry.com/contest/2796240-Be-Inspired-By-These-River-Quotes->

Using prompt 10 - "You drown not by falling in a river, but by staying submerged in it."