

Shadows and I
By Heather Saunders

On a hot summer day
Im walking
Down the path of life
The sun beats down on me
As I walk East to West
Moving with the sun
Which guides me
On my path of life
I just left
It's 9 in the morning
The rays shine
Behind me
Allowing my past
To be seen as it is creating itself
I get reminded
Of the successes
The struggles
The fun
The sad
Throughout my childhood years
I see that little girl
I feel her intense fears
And I know how resilient
Determined
And motivated she was
And how much
It will increase
As it is now noon
And I am still walking
In this hot sun
The rays are now
Directly over me
Shining on who I am today
A fighter
A warrior
Im overcoming challenges
I never thought I could
Are all things I can say
I'm chasing my dreams
That means so much to me
And as the sun slowly pivots

To shining in front of me
On this path of life
I see what is possible
And what is coming my way
The past challenges
Are going to lead to
A future accomplishments
Future joy
Future confidence
A future filled with continued resilience
Determination
Motivation
And even when it becomes night
And I have reached my destination
Nothing else to be shown
By the sun
I will rise
Like the Phoenix
I became
From the ashes of my past
In order to shine light
I someone else's life
Just like the sun
That guided
My shadows and I