

The solitary seagull

Not any other creature

Just she

Floating on the sea

Just being carried

By the tide

Attentive, observant

Enjoying the cool water

Enjoying the autumn sun

O! not completely carried

The webbed feet

Paddle a pace

For a bit

Pretending to be

Not a bird but a speedboat

What fun she was having

What fun, if we savor

If we find too

Time to be carried

On the tide of life

Through life

Letting go

Paddling too

With a sense of fun

Carried, empowered

Caught up in the Mystery

To enjoy life

The important

The solitary seagull, my teacher

Precious to native American Indian

Sacred creature

Precious to me

As sacred teacher