

rainy weather days

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Need a Poem

-Diana Raab

Tonight I need a poem about
being calm and how babies sleep deep
and the full moon illuminates my yard.

A friend arrives with a good book
and we share a pot of chamomile tea.

Together, we saunter on a forest walk
and then stop at a bistro for a glass of wine.

I need a poem about how soft
my late dog's fur was and

how fun it is to lick ice cream
off a cone with my granddaughter
on my lap.

To hold up my world
I need all this
In one poem.

Now.

But always.

About the Author

Diana Raab, MFA, PhD, is a memoirist, poet, workshop leader, thought-leader and award-winning author of fourteen books. Her work has been widely published and anthologized. She frequently speaks and writes on writing for healing and transformation. Her latest memoir is *Hummingbird: Messages from My Ancestors, A memoir with reflection and writing prompts* (Modern History Press, 2024).

Raab writes for *Psychology Today*, *The Wisdom Daily*, *The Good Men Project*, *Thrive Global*, and is a guest blogger for many others. Raab lives in Southern California. Visit her at: <https://www.dianaraab.com>.