

# SOUL *Issue 7* FORTE

## **Rubber Band Bracelets**

by Diana Raab

### Slowing Down

What do I want as I approach 70  
A slowing down  
A looking back  
A looking at the present  
And the inevitabilities  
no longer looking ahead for dreams  
only back for accomplishments and joys  
too many unknowns now  
woven with illnesses and aging bodies

that cut into desirable paths  
It's funny not knowing what one wants  
A great crevice. An abyss. Empty  
and void of answers  
A dying off of dreams like radiation's  
affect on my cancer cells  
I'm stopped in the moment watching  
and holding each breath  
I always knew what I wanted

No idea now  
A complacency  
or I don't really care  
whatever emerges  
Craving some kind of flow  
Wanting to be led  
No longer want to lead  
or decide  
A sort of surrender  
Just holding my pup seems like enough  
Making rubber band bracelets  
with grandchildren.

**Published in *Soul Forte*: Issue #7. March 2025.**