

I Know How to Be Alone

I know how to be alone:
Wrap yourself in blue
Music and sky;
Lie in buttercups
And lupine, ankle-high.

Replace the embrace
With spring-green fields
Ribbioned with the trails
Ground squirrels trace as they race
About, popping in and out,
Chirping like laughter.

Calibrate decibel, heat and light
Refining each to soothe
You through a night.

Select from noise
Sounds that delight;
Frame each singular,
Rapturous sight.

Unwrap yourself from
The lover's hold;
Be held instead
By the beauty you behold.

- Laura Bernell