

Shoreline Therapy

Written by Elizabeth Sproehlich

We come by the hundreds, we come all alone
We're seeking some answers, some peace of our own

We briefly pass by for a breathtaking glance
We linger for hours and wish it could last

We cast off our burdens, our heartaches, our woes
We fill up our pant cuffs, our shoes, and our toes

We empty our souls as our spirits refill
We need help with healing, we seek some goodwill

We exhale the thoughts, that gave us our pain
We inhale new strength, and perspective is gained

We sit and reflect or we run, shout, and dive
Our shorelines and waters allow us to thrive

We leave with so much: comfort, clarity, hope
Yet feel so much lighter, we're ready to cope