

What Darkness Taught Me

BY ROB COOK

Light was still within me
even when I couldn't see it.

Life was still a blessing
even when I didn't realize it.

Love was still around me
even when I wouldn't let it in.

And I could somehow find my way
even when I felt the most lost.

— *A Thin Slice of Anxiety*, 5/13/2022

www.athinsliceofanxiety.com/2022/05/poetry-selections-from-rob-cook.html