The Stitch that Heals

A simple way for relaxation to start
Is to sew your emotions into a design
Go grab a small needle to mend the heart
When finished later, wear it to shine

Everyone shows emotions differently
Some fight, some draw, some sing, and some cry
But for me I sew emotionally
For in my stitches, my feelings lie

I feel the cut in my fabric
The edge the scissors make
At times my life can be static
But at times my life may quake

When a quake decides to occur
I feel its waves rippling effect
I begin to think of a figure
Then I start to make it perfect

In my box fabric colors shine
There are many tints and hues
I pick the one that’s most divine
Green is the color I choose

It takes me back to the days
When I played in the green yard
I lived to see the sun’s rays
Why does life have to be so hard

I begin to form my creation
I sew and pull the stitches tight
Add the layers in perfect relation
Now it begins to look just right

As I’m about to admit defeat
I look down to see I’m almost through
I glue on the clip, now it’s complete
And I am ready to start anew

A simple way for relaxation to start
Is to sew your emotions into a design
I grabbed a small needle and mended the heart
Now that it’s done, I can wear it to shine