

you are young

you are young
a child in you
is your very essence

and you are old and wise too
cautious
sure of what you know
and what to do next
ancient wisdom and knowledge
glow in you

in each footstep and breath
both occur
and reoccur
defining weight
and lightness

it seems
our relationship
touches
all the distance in you
between young self
and old self

it is a disconnect
and what you fear

perhaps it is because
I am only now

and as witness
a temporary bridge

the real bridge
is unnecessary

all that is between
will become you

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