

Sea and Sands

The sea and sand soothe my mind,
I breathe to the beat of the ocean,
Rest in my grave of fragmented glass,
Enjoy a moment under sun, moon and star.

There is nothing to trouble my troubled mind,
Just peace here, in my tropical paradise,
My island of solitary confinement,
Safe, secure, protected by waves of my own wrath.

My island cocoons my heart and body,
Protects their treasures, allows no one's passing,
Without company I am in heaven,
One of God's will and design.

Stillness, quiet, the swing of a hammock,
The knock of rock and crab and crustacean,
The rustling leaves left in wake of warm breeze,
For the winds of time leave me breathless in their beauty here.

My life was not of my choosing,
But this island, my island,
Is where I choose to stay, Forever in harmony,
Within a world of my will and design...

For God's guiding touch led me here,
To this serenity, where time and place exist not,
Where food is plentiful, and actions matter,
Just to live, only for life to be sustained.

My time is my own here,
My heart is my own here,
My thoughts are my own here.
I am my own here.

- Santuario, Ana Maria. Safer Shores of Me (2023).