

The Artful Balance

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I paint in bright colors, in an impressionist style,
lovely brush strokes of flowers and nature.

I hold earth in my hands, cool and wet on the potter's wheel,
both strong and fragile, a balance to savor.

Skeins of twisted fibers, soft hues comforting and cozy,
the hook dances, weaving complex layers.

Poetic words flowing in a symphony of rhythms,
notes of songs and whispers on papers.

And the demanding, prescriptive side of my doctor brain,
is quieted with creative nurture.

I'm content, breathing easy, allowing my thoughts to roam,
a Moment of wonder that I capture

Taking the time, a practice restorative to my soul,
keeps art and medicine in my future.