

# Alberta Doctors' Digest

## An Ode to Healing

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Sad and lost

Not feeling great

Is life worth living

It's up for debate

Let me help you

Let me be of aid

I'll do my best

Each and every day

Pick up your pieces

One by one

Carry the burden

Until it's done

Feels so heavy

Cause it takes its toll

Too much weight

Getting out of control

Drowning

Gasping

Sink or swim

Nightmares

Blank stares

Too many cares

Mirror, mirror

Does not lie

Ask yourself if not a healer, who am I

Sorry friend

Can't do it no more

Wish you only the best

Grateful but need time to rest

One day, you wake

And time has passed

Clouds are gone

Sunshine at last

No longer trapped, now you're flying

Tears of joy instead of crying

Hand in hand with ones in need

Peace once lost has returned, indeed

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