



## **A BOAT.....**

By Jacqueline Cairns, TCF, Qld

When you lose someone close to you, the earth beneath your feet feels as though it has disappeared and absolutely nothing seems solid anymore. You are in a vacuum where nothing is real. You see the world in a surreal sense and you don't feel connected to it anymore. You've lost every sense you once had and something inside you has died too. So you struggle to cope with two losses, that of your loved one and that of yourself. Your only solace is a small rowing boat that will carry you through your grief.

You step onto your boat with your loved one knowing that for now, all you can do is drift. You feel you have no direction, there is just you, your grief and many unanswered questions. You sit facing your loved one who is your only companion, having so much to say but all you can do is cry. You feel that you could shed an ocean of tears and you will. You will cry for every unkind word you ever uttered. And cry for not telling them how much you love them, every single day. There will be tears in the moments that they cannot share your joys and in your darkest hours when they cannot hold you and make everything better.

Although you fear the vast waters of life surrounding you with your loved one, you know that you are safe. For they will take your hands and assure you that things will be okay because they are always with you. They will never abandon you and when the world becomes unbearable they will give you strength to carry on. One day you will realize that your loved one is everywhere, always with you and that their love is a beacon of light guiding you home.

*Lovingly written and submitted by Ms Jacqueline Cairns, TCF, Qld  
in loving memory of her brother, Colin Cairns, 12.12.76 to 7.12.95*