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Going To Sleep On Purpose

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Going to Sleep on Purpose

The main thing's the intention to relax,
to let go of this moment's story, trust
that some near future will be worth
waking, and without your intervention.

You put your head down, close your lovely eyes.
(The world will still be there.) Sense only
through your skin: the fleeting heat
or warmth collecting in the gathered sheets.

Sink in softness as if into water (falling,
we say): trust that there will be oxygen,
trust that your heart will keep on beating.
Slip in. Everything waits animate,

suspended,

so glad to be still there.

Sibelan Forrester