

# Go Slowly



Go slowly,

Breathe deeply  
of life's pleasures

Fill your mind  
with stillness,  
Bathe your body  
with peace.

Be gentle with  
yourself.

Take small steps.  
Be patient  
with the world,  
It knows the way.

You are just passing by.

***Pheme Glass** is a native of Cookstown, County Tyrone, and now lives in Oamah. This poem is from her collection *Seeds of Memory*, published in 2013. The final part of her historical trilogy *The Blossom and the Bole* launches on the 24th of November.*

*Photo of Cuilcagh Boardwalk by the Fermanagh Herald*