

## **Roller Coaster Life**

7/14/2011

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A life's ride

In the beginning

To the top slow riding

Anticipation building

Then

Up and downing

Fast and slowing

To the left turning

To the right banking

To the stars shooting

To earth falling

Dull and thrilling

Teeth clinching

Mouth wide opening

With fear screaming

With joy laughing

Then

To a stop slowing

Tensions waning

A long ride exhausting

Sad when it's ending

Welcome,

To the roller coaster of life

This poem was inspired by a Facebook post by my niece Kristin Maynard. She said, "I feel like I am on a roller coaster."