

# **I KNOW / Sangeeta Gupta**

I know/ you are  
still holding my hand  
I feel you in my palm  
pain loses its intensity  
I am smiling at myself  
your kindness twinkles  
in your eyes  
In your light  
I sail through darkness  
I go deep in your energy field  
soak myself often  
I recharge  
Taking baby steps each day  
towards my passion  
towards life  
I know you are  
Still holding my hand.