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## Discontentment

William Stowman

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## Discontentment

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Discontentment must be accepted and appreciated

For the tremendous gift that it is.

This unsettled, unhappy, underlying anxiety

That crushes the spirit and suppresses joy

Must be turned on itself

And its gravity used to transform vulnerabilities into courage

Being discontent should be seen as a welcome sign

That something great is about to happen

Out of suffering comes wisdom and strength

Retreating inward brings rest and braces us to ride into the wind

And to be open to the possibility that at any moment

We will be uplifted

with newly found fortitude

to recognize our ability

to rise again

and sing.