

# Random Notes from a River Raft

Phyllis Cole-Dai

You can't say no to the river.

If you weren't ready to make the trip, you wouldn't have found me.

I'm guaranteed to give you the ride of a lifetime.

Get to know me.

I'm one of a kind.

Appreciate my build.

I'm made from materials recycled from your life.

I can't but stay afloat.

I'll always support your weight, if you travel light.

The river is the guide and the journey. It knows where it's going.

You're the river's passenger and companion.

Respect it.

Be grateful to pass through wherever the river takes us.

Nothing we pass through is forever.

Your life jacket is stored in your chest.

Forget what you think you know about rafting.

Begin again.

There's no reason to push the river.

But you might have to push yourself.

Use slow, smooth pushes of the pole.

Fast strokes make us unstable.

Accept that I'll never move in a straight line.

Learn to love zig-zags and circles.

Avoid over correction.

Trust my natural buoyancy.

Trust the water's grace and flow.

Watch out for hazards or you'll end up wet.

This is a law of nature.

No matter your skill, you'll sometimes end up wet, anyway.

This is also a law of nature.

When you fall off me, float.

The river will always hold you up.

Its banks are waiting to receive you.

Maintaining balance while poling in mud requires extra practice.

Embrace it.

To move in deep water, transform my pole into a paddle.

All it takes is a little re-visioning.

On the river, you'll have everything you need, even when you don't.

When you don't have everything you need, keep going until you discover you do.

You're never alone on the river.

If you feel forsaken, pay closer attention.

When you're finished with me, leave me on shore.

Somebody else will use me someday.

But I won't be the same raft.

You never get to the end of the river.

I'll see you there someday.

