

*by Derek Morrison*

*Inner voices replay triumphs of past  
But inner whispers say cannot last  
Essential self-delusions of being human  
Curses every man and woman  
But when age or injury make you slow  
The final triumph is to just let go.*

[To listen to this verse select below]

<http://www.cyberstanza.com/wp-content/uploads/2015/10/LettingGo.mp3>

Commentary

I cycle with a lot of very fit people. Some are older and some are considerably younger. Some are competitive and some are not. Unfortunately, age and injury don't respect temperament or talent, which is particularly hard for those who are used to putting in the extra effort and miles to achieve results. But for all of us eventual decline and degradation is the only certainty. The challenge is achieving a graceful decline. I strive for this nirvana.