## Center for Integrative Health, LLC

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## **Ironing Out the Wrinkles**

Life was once a tangled mess.

Like missing pieces, in a game of chess.

Like only half a pattern for a dress.

Like saying no, but meaning yes.

Like wanting more, and getting less.

But I'm slowly straightening it out.

Like saying yours, and meaning mine.
Like feeling sick, but staying fine.
Like ordering milk, and getting wine.
Like seeing a tree, and saying vine.
But I'm slowly straightening it out.

Life is now a lot more clear.

The tangles are unraveling,

And hope is near.

Sure there are bumps ahead.

But no more do I look on with dread.

After fourteen years the tangles have straightened.

Vanessa Regal