



The CISM Trail

Begin slowly, merging onto fragmented ground.
Look to all sides and acknowledge the travelers.
Genuine kindness the key
Safety the vehicle
Trust the momentum

Keep your eyes on the road, ever peering ahead.
Connecting a single dot will lead to another.
It's a path unknown, so keep your toolbox nearby.
When feeling lost, look to the Trail Markers.
Who, What, Where
When and How

The road can be wet and mirror much.
Pot holes cradle a new empty.
Ruts long, often exhausting
find your bump and deflect out.
It's okay to ask for directions.
Others have traveled this path and know the signs.
The journey may be long... pace yourself.

Each curve is limiting, then revealing.
From utter congestion and overwhelm
to the silent stretch and so alone.
Ask a little... listen a lot.
Look for the signs and signals, silently speaking.
Lead and be led. Every fork takes you somewhere.
There's a new normal waiting... with a beauty of its own.

As each sunrise holds the promise of a new day.
Deepen the understanding and lighten the heart.
There's a new normal waiting... with a beauty of its own.

--Dawn Roh, 2012