

## ONE PERSON AT A TIME

“Whether we have two hours to spend with someone, or whether we have five minutes to spend with someone, we are responsible for the nature of our interaction. The challenge is to be fully in each moment with each and every person, and not to allow other realities not to contaminate that healing presence. It is not how much time I have to spend with each person that is the essential element in this perspective. It is the manner in which I have used this time to nurture a genuine, focused human encounter, in which both parties learn, and both parties come away enriched by the experience.”

*Sometimes the days, they seem so long.  
There's so much grief and pain.  
Sometimes I wonder if I'm wrong, to see sunshine through the rain.  
I wonder am I helping? Am I promoting change?  
There's so much I cannot do, so much I cannot rearrange.*

*But one person at a time, I'll keep on being there.  
One person at a time, I'll show I really care.  
I'll validate the pain they feel, while trying to convey.  
The value of their personhood, and the blessings of each day.*

*I wonder sometimes if I could cope, with the challenges they face.  
If I could pump the fuel of hope, or drop out of the race.  
They have so much to teach me, if I listen with my heart.  
I may understand the journey, and the wisdom they impart.*

*So one person at a time, I'll look beyond the tears.  
One person at a time, I'll try to calm the fears.  
I'll pray that healing of the soul, allows them to be free.  
And that I'm able to receive, the gift they give to me.*

With Sincere Appreciation to and Written Permission from Wally Kisthardt, Ph.D.,

*“You Validate My Visions: Poetic Reflections on Helping, Healing, Caring, & Loving”*

