



Life After the Fall

**ROAD
TRAUMA
SUPPORT
SERVICES**

VICTORIA • COUNSELLING, SUPPORTING & EDUCATING

1300 367 797
www.rtssv.org.au

Life After the Fall

Falling

We are falling
strong and fast
big sudden drop
water cascading
through turbulence
shadowy shapes
rocks behind water
trying to get through

Deeper

Rock-hard heavy hearts
going deeper to murky depths
sinking in
gloomy powerful waters
twisting together
torn and tangled
all unravelled
trying to get through

Lost

River of life, of tears
becomes a mighty waterfall
ripped apart
where's the source?
where are we going?
the mind drifts back to it
our river of memories
trying to get through

Holding on

Looking for the source of the water
that's what we're about
we are the river tribe
holding on, being together

always connected
felting it out
softly pressing into the layers
while trying to get through

Reverie

Lighter patches are important you know
splashes of white
anchoring the heavy
make a more settled pool
gently floating, moving slowly
soothing heartbeat, soft caress
go with the (new) flow
try to get through

Twinkling

By the shimmering river
the bird shakes its wet wings
twinkling possibilities
droplets in the light
shimmering teardrops
like a spray of diamonds
sparkling, refracting, bursting
trying to get through

Hope

Now we are eagles looking down
taking in everything
an aerial view of wetlands
healing waters of fragile life
veins coming out of a light source
quivering with hope
a strong and soft lifeline
helping us through

Road Trauma Support Services Victoria (RTSSV) is a not-for-profit organisation contributing to the safety and wellbeing of Victorian road users. Poem and felt works by the 2017 RTSSV Art Therapy Group. New members welcome, please contact 1300 367 797.