## Palliative and Supportive Care

# The hopeful path!

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### **Poetry**

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Carlos Laranjeira, School of Health Sciences, Polytechnic of Leiria, Leiria, Portugal. E-mail: carlos.laranjeira@ipleiria.pt The day that begins and the night that comes

In eyes that open and those that rest

In daily treatment, in constant examinations

In the expected result and in what is not expected ...

Here it contains hope because it is what moves me to what I still don't know.

The hope that everything is in its right place and that, even though my eyes see chaos, I quiet my heart by believing in the existence of an order that my understanding still does not reach... Here it contains hope and, every time I share it, I talk about it, I materialize it through my choices, I feel more alive and capable of transforming the reality that surrounds me.

Here it contains hope! Here I dress with her!

I will walk with faith, that faith does not usually fail!

The faith to believe that we are walking,

each with their own way,

Slow and time-consuming steps

Fast and hurried steps Steps that carry life

Steps that contain hope!

The faith that we know we are walking,

To an unknown and also very familiar destination

But a walk that wants to have life,

Walk for those who want to live.

So, don't get used to what doesn't make you happy, revolt when you think it's necessary. Flood your heart with hope, but don't let it drown in it.

If you think you need to come back, don't hesitate!

If you see that you need to follow, find your path!

If everything is wrong, start again.

If it's all right, continue.

If you miss someone, tell them.

If you lose a love, don't get lost!

If you find it, hold it!

Each at your own pace

Not in the past

Yes at present

In the step that dictates the walk

On the walk that dictates the step ...

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