

The Moment

By Sarah Nikou Vadiee

There is a moment you see
There is a moment you have
And soon, as that moment ends
It's as if a flower petal flew away

There is something you feel but you think it's scary
You can hold on to the bad moment and feel the pain
Then, you can let it go

There is something you feel, you think it's warm and easy
You can hold on to the love moment long enough to take in its energy
Then, you have to let that go too

If you hold on to the bad moment, instead of love, you will feel alone
But with love, you get to hold on to the memory of its energy inside your heart



About the Author

Seven-year-old Sarah Nikou Vadiee is in second grade at Carderock Springs Elementary School in Bethesda, Maryland. Sarah is a highly spirited, very sweet, energetic little girl who loves to make a difference in this universe. With that goal in mind, her parents encourage her to put her thoughts and feelings in writing so she can help others through life obstacles. Sarah created this beautiful poem upside down from a tree in her front yard!