



## The Fall

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That moment of realization  
That moment of acceptance  
It's that moment you know you're going to fall  
The horse shies  
And you fly  
There's nothing you can do  
Let go of the reins  
Kick your feet out from the stirrups  
Land on your shoulder  
And roll  
Can't roll  
Your foot's stuck  
Being dragged faster and faster  
It's all a blur  
And then you're free  
Lying there  
Spitting out dirt  
Checking for pain  
Arms and legs all in tack  
That throbbing means you're alive  
Stand up  
Take a breath  
A moment of realization  
A moment of acceptance  
It's the moment of knowing you're okay  
To get on again