



INTER-REGIONAL SOCIETY OF

jungian analysts

NEWSLETTER

ADDENDUM

MARCH 3, 2022

Hi everyone,

Please accept my sincere apologies—I inadvertently left out an important submission to the newsletter!

Dyane Sherwood

Dropping the Reins

A Poem for Lyn Cowan

By Karen Seay

***When she was a young girl,
her favorite uncle taught her to ride
on a horse she fell in love with
at first sight.***

***Every summer for twelve years the horse carried her,
with her sister and her cousins,
through deep, wild, tangled country.
Through trees and dense brush they made their own trails
and rode for hours on end.***

***It would have been easy
in such a place
to stray from her companions,
to become lost,
to lose all sense of direction,
but her uncle taught her,
she says,
the most important thing
she ever learned,
for riding or for life:***

***If you are ever lost
and don't know which way to go,
drop the reins.
The horse will take you home;
he knows the way.***

The last weeks and days of Lyn's life, many friends came to visit her. It was Lyn's sister, Nancy, and nephew, Jarad, from New York, and her devoted friend, Jeanne Lacourt, who held vigil, the last days and nights. They were by her side on Friday, January 28th, 2022 at 2:00 PM when Lyn Cowan let go of the reins and the horse carried her home.

