

## **Instruction towards Healing**

elevate your feet  
higher than the line  
of your heart

apply ice  
until you can no longer bear  
the cold

point your toes  
away from you  
feel the stretch in the tendons

set your eye  
on a point on the far horizon

throw back your shoulders

walk

***Eileen Sheehan***

**Eileen Sheehan** is from County Kerry, Ireland: Anthology publications include **Best Loved Poems: Favourite Poems from the South of Ireland** (Ed Gabriel Fitzmaurice/Curragh Press); **The Poetry of Sex** (Ed Sophie Hannah/Penguin) and **The Watchful Heart: A New Generation of Irish Poets** (Ed Joan McBreen/Salmon) Her work features on **Poetry International Web**. Her third collection, *The Narrow Way of Souls*, is forthcoming.