

**Stephen Robertson**

**Twice daily**

Start.  
Tiptoe.  
Probe.  
Grow.

Push forward.  
Build speed.  
Build power.  
Forge ahead.

Spread.  
Reach.  
Slacken.  
Settle.

Pause.

Start.  
Tiptoe.  
Retrace.  
Shrink.

Drop back.  
Build speed.  
Build power.  
Pull in.

Merge.  
Retract.  
Slacken.  
Settle.

Pause.

Repeat twice daily.  
(Not by the sun  
—use moontime  
instead).

