

## Between

by dex Monday, Jan 23 2012, 8:03am

international / poetry / post

the turning point  
where polarities see-saw;  
between the incoming  
and outgoing breath  
Liberation is found;  
so say the Yogis.

at the nexus of a pulse  
at the centre of a throb  
is found perfect stillness  
the between point.

between joy and sorrow,  
rage and ecstasy  
peace is found at the fulcrum  
between pleasure and pain.

in a world buffeted  
by extremes it's comforting  
to know that somewhere in the middle  
resides perfect equilibrium  
made potent by the forces  
of oscillating extremes.

a gyro spins at high speed,  
whirring,  
making the sound of a long *hum*  
yet it remains fixed in attitude  
its activity ensures its stability and strength;  
gyros are used to navigate in space,  
so reliable are their gyrations.

between night and day  
the spinning earth  
finds tranquillity  
as does the human mind  
but it's that first ray  
of warm morning light  
that dispels the darkness  
that I welcome  
knowing that the rising sun  
will soon blaze high

in the sky.

the between point that Buddha so loved,  
the middle path between the extremes may  
indeed be the easier road but it lacks  
the distinction and energy of extremes

life at the edges is rough, no doubt  
that is why between points exist  
they offer shelter from the storm  
a safe haven - the only space  
to safely let it all go.

<http://cleaves.zapto.org/news/story-2954.html>

🔊 [Angel of the Morning - The Pretenders](#)

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Underground Oz Poetry. <http://ozpoetry.lingama.net/news/poem-213.html>