

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](#)

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