Rivers

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do rivers stress or strain to reach the sea? No, they take the path of least resistance as do all nature's forces with the exception of one species -- man!

the body groans, my neck could be used to support a bridge, such is the level of stress and strain

did i stop when my body sent alarms that i was over-reaching my capacity, cease this bullshit or suffer?

so now i suffer like a dog or rather a human that failed to heed nature's warning

i've been there before the place that specialises in pain and self-inflicted suffering, a crowded place brimming with my species

the wind hisses through the grass, i watch stems and blades move in waves with the wind an idiot suggests relaxation classes, could they top the message of the grass and wind?

the sea effortlessly laps the shore, the moon is full suspended in the night sky like a tarnished silver plate.

as it moves around the earth and sun it tugs at the sea which responds without a thought

it is thought that interferes with the voice of nature and its sublime harmony i feel my neck release, accompanied by numerous clunks of my vertebrae, what a sorry species -- i am not alone

we forfeit harmony for permanent war and are taught to like it; "look what your country is doing for you" the media says - though the truth is an elite group of sociopaths and criminals do it for themselves and could care less for nature or humanity

all bad habits, destructive behaviours and perversities are easily overcome simply by listening to the message our loving mother whispers constantly, ease up, flow like a mighty river on the plains winding its way inexorably to the sea -you will achieve, without blood, sweat and waterfalls of tears

my personal folly is great as i know better but continue like one of Pavlov's dogs to play robot to the perversities of culture, "life was not meant to be easy," says who, a bunch of avaricious slave drivers and their criminal political puppets?

i inhale the sweet wind and feel my diaphragm letting go, follow your course nature whispers ignore the rantings of murdering psychopaths revive yourself in me live harmoniously, i never forsake my progeny

i am restored

http://jungledrum.hopto.org/news/story-1356.html

Underground Oz Poetry. http://ozpoetry.lingama.net/news/poem-541.html