

Clean

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try not to think,
ruminating only
increases the presence
which u would rather
forget

but are we truly able to forget?
is it not all recorded on macrocosmic
and microcosmic mediums?
we know it

so deal with it and resolve
the issue that confronts
otherwise it will haunt you
and cause all manner of grief.

there was a time
when this planet lacked water,
it was lifeless.
frozen waters from space
impacted the dry earth and
found a home;
water flowed from the seas
into the air and fell to the ground
to return to the seas,
and so it goes today
the earth enabled the waters of life
to remain here locked in a cycle
of sustaining activity.

-- the dominant feature of this earth is water,
all life is subordinate to its influence,
yet, water originated in cosmic space --

river grasses flow
dancing effortlessly in the current
-- slow undulating motions --
moving submerged.

it's easy to let it all go in close proximity
to large bodies of water;
we are terrestrial water beings

and connect to the flow instinctively/easily
if we allow the water to answer --
it's always been our mother

we move with its natural rhythms joyfully
or move against it
painfully.

<http://jungledrum.hopto.org/news/story-2421.html>

Underground Oz Poetry. <http://ozpoetry.lingama.net/news/poem-681.html>