



## Meditation 2

The thoughts trickle down within my brain,  
They come as if the falling rain,  
The cascade soothing, the vision clear,  
I am overcoming my meditation fear.

I once thought meditation wasted time,  
I failed to understand my body sublime,  
That banishing thinking was liberating,  
My bear of a mind simply hibernating.

But focusing on nothing took a while,  
A string of lights, a purple profile,  
The images evolving, taking shape,  
What a wonderful pathway for escape.

I often begin with birds and trees,  
A perfect start when seeking release,  
For touching the life stream seems the point,  
The primal source is worth the hunt.

I relax my eyes and focus within.  
The starry universe makes me grin,  
A bright sun appears behind my eyes,  
There is so much in there to realize.

I feel the calm begin to appear,  
It comes irregularly, there and here,  
It's never the same but always smooth,

It's great to chase away the blues.

Peace joins me on the stoop of my soul,  
My self is warm despite the cold,  
Removing bricks from my internal wall,  
My mind emptying, feeling love for all.

On good days I reach the cosmic river,  
The link, the connection, the constant giver,  
I rest in the cave behind the waterfall,  
By seeking nothing I have found all

.

So welcome to Earth church,  
Pull yourself up a pew,  
Here we seek fundamental truth  
To liberate you.