

ENRICHED:

Some thoughts about transcending mental clutter

How long ago did you smell a flower
or taste freshly made bread?

How often do you look at sunsets
or hug family and friends?

If there's a frown on your face
or you feel anxious at times
perhaps it's time to become simpler
and transcend the clutter of the mind

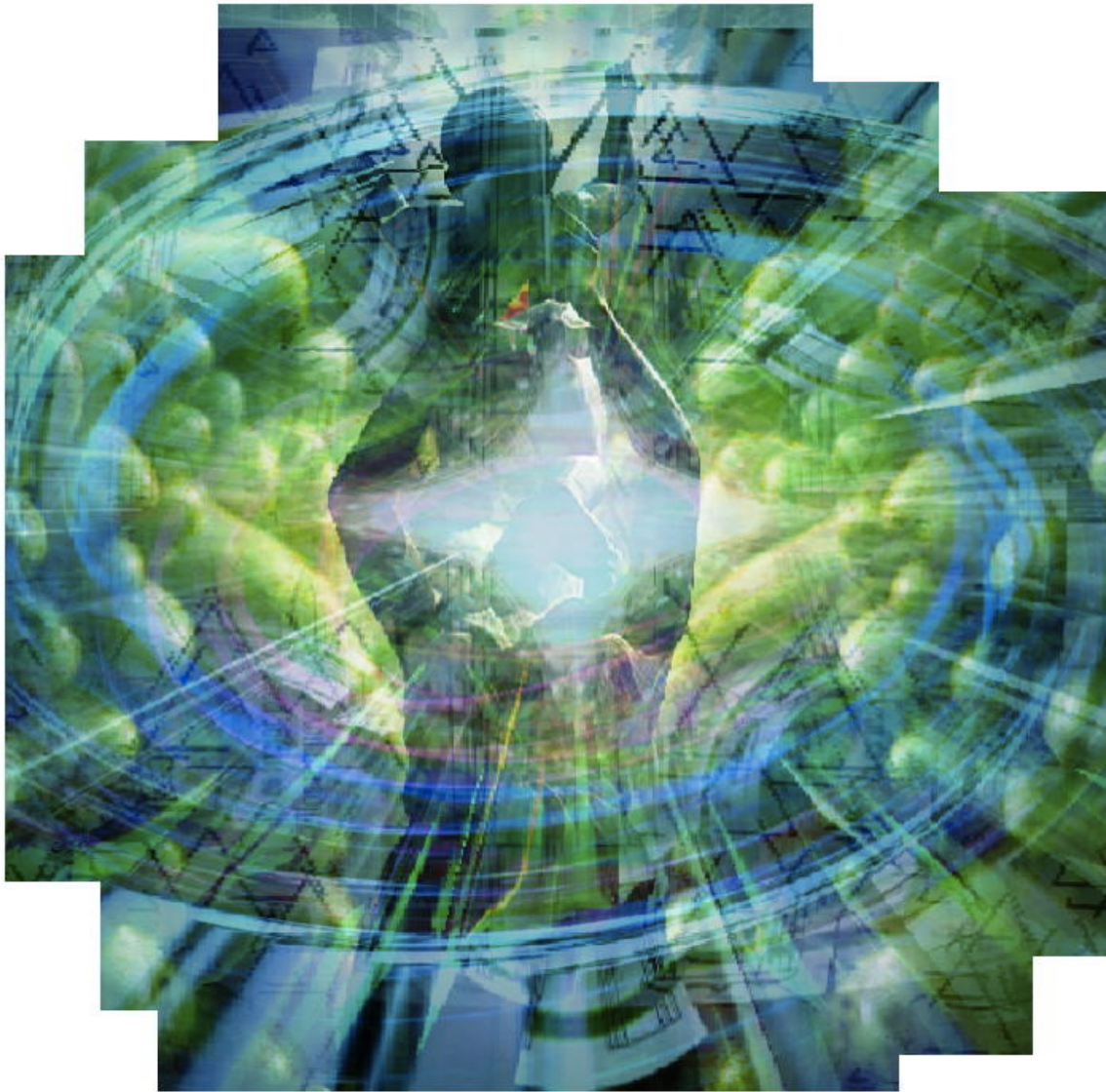
Too much thinking
creates mental stinking
so take a moment and breathe

The universe
is dancing around you -
enjoy the tapestry

- **T Newfields**

Beg.: 1978 South Fallsburg, NY * Fin.: 2018 Yokohama





Orapan: Too many folk's faces becum frozen in frownz.

Tara: (puzzled) Why'z you speakin' with an ebonic accent?

Orapan: Cuz I'z multifaceted. I'm black, white, yellow, 'n green. Dat's a sign ah balance 'n harmony.

Noel: We ought ta re-examine ouwa priorities. Most fooks aren't listening closely enough ta dare inner voices.

Orapan: Well, dare are too many voices to listen ta.

Tara: Hmm. Of all dah voices inside us, one iz deepest & dat's dah one worth most listenin' ta.