

40th BIRTHDAY: *A Mid-Life Reflection*

Two decades ago
in the corn fields of Iowa
I crossed my legs, closed my eyes,
breathed softly through each nostril
and meditated till my mind
became golden corn mush.

Intellect sufficiently numb
I listened to a charismatic Indian mesmerize
audiences with charming nonsense....

*"Pure consciousness is like flower sap ...
and all colors in life come from zhat."*

Now twice the age
near the groves of a distant bay
I still close my eyes to experience
quiet moments of peace &
sometimes even become silly
enough to think -

*"Pure consciousness is not crap.
What we experience in life has nothing -
yet everything - to do with That."*

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Ron: Isn't meditation a waste of time?

Lex: No. It's a chance to step outside of time.

Lis: That's an illusion. We are invariably linked to a flow of events. At best, we can slow down our perception of time. However, time flows on whether we recognize it or not.

Lex: That's pretty much the standard view. Here's another view: we create time. Time isn't just something that happens to us; it's something we create. Change your awareness and you will change the nature of time.

Linda: (chuckling to herself) Both of you waste too much time on speculation.

- T Newfields

Beg.: 1995 in Shizuoka / Fin.: 2018 Yokohama

