

## **ADVICE FOR BUSY MOTORISTS:**

*Some Thoughts about Intentional Living*

**Busy. Busy. Busy.  
Oh isn't this fun?**

**Got ta keep the motor moving –  
Fearing silence means all iz done.**

**Moving without reflection  
frantically rushing about,**

**How tempting it is ta believe  
the entire world will shatter**

**& that our tiny mission  
is all that matters.**

**Well, how about doing nothing  
& jes parking fer a while?**

**That's right, take yer keys  
out ah dah damn ignition:  
end yer obsession with speed.**

**Let yer engine cool off  
wipe dah windshield clean.**

**Disengage from time ta time:  
& notice what's ignored  
err unseen.**

**Is yer mission  
ta rush frum X to Y  
az fast az pissible,  
err become mure aware  
& breathe?**



*Ron:* Disengage the engine. How do we do that?

*Lex:* Isn't that what meditation is about?

*Lis:* Maybe the opposite is true. Aren't our core values too disengaged already? Perhaps a deeper level of engagement is needed.

*Linda:* Well, as the poem suggests, relax and breathe. Only from a point of clarity can we begin to know what's needed.

- T Newfields

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