

# **NEURO-ALCHEMY:**

## **Thoughts about Gaining Inner Balance**

**Reflect on Death - it'z humblin'  
& a way ta treasure the moments we haf.**

**Notice Life - it'z affirmin'  
& inspiring ta see kreation grand.**

**Focus on Love - it'z energizin'  
& strengthens whud should stand.**

**Discipline Desire Gently - it'z harmonizin'  
& brings peaz closer ta hand.**

**Balance Duties & Remember  
dis world doze nut exist fer any single  
boeing -**

**We're each small perts  
Ah A Higher Plan**

**Cindy:** Alchemy – what an interesting way of describing change.

**Aiko:** (sniffing) I dislike too much intellectualization.

**Don:** (nodding) I hear you. The intellect tells us what is hypothetically supposed to be. Often that's quite different from what actually is.

- T Newfields

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