

The Void

Body resting in quiet repose,
Eyes embracing the natural world.
Awareness filled with oneness,
Attention seeking no-thing to grasp.
The image of nature fades,
Darkness slides into awareness.
Deep silence spreads throughout,
Perception sleeps in the darkness.
Only pure awareness manifesting,
Conscious only of the Void.
Thoughts seep into awareness - like,
Siren songs - drifting in the deep.
Thoughts like lyrics reveal stories,
Unguarded, open to awareness.
Attention takes hold of the thoughts,
Creating objects of consciousness.
A sense of privacy breached, or
Perhaps fear of exposure.
Contraction - then withdrawal,
Return to the resting body.

david center