**Better Slow Down**

*Rabbit Creek- October 28, 2011*

Better slow down you’ll

use up all the

worns

won’t give me any more

a chance to capture

what i have seen and heard

no more will i paint

on mild’s even seeking

eye

sometimes at night

the loow calls out

owl hoots wolves howl

i hear the shout

of voices of the --------

i wonder what have i done

these endless cycles of the sun

what can i do say who iam

who say to owe so

touched as i with

blood of the lamb lands

tears of promised

perhaps t--- scared ---

to--- of truth

perhaps they cast them ----

lies

shall i --- to

------------

of let the sad and

lonesome music flow

perhaps i’ll cath the

thought and moment

take it in my

heart as touch

the mystery of life

is real

is meant

to cast a ray of

light for

this poor old soul

a morsel for

the spirit

to know and hold

one in the arms

of cosmic love

from before before a space was a

time tollip

the void about

sent to soar

on wings on self the price

inner glow ------

wealth of truth

to tell me i am a man.