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### "upside down, time and space"

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Time and space, space and time  
Who can change it?  
Past, present, or future  
It's all the same  
Difficult, no  
Only an obstacle, accept it  
Being turned upside down  
We just can't stop it  
Bound up in fear, just release it  
It's hard to release  
But if only to feel it, and allow it  
It starts to let go  
Moments ago I was afraid  
But my nature has now shifted  
Inward and gentle  
Outward and fluid  
The mountains expressed to just ease, and walk  
With Buddha nature  
The bird dived, and danced along the waters  
Buddha in, Buddha out  
Buddha up, Buddha down  
Our essence emits in all directions  
Just one step backwards to welcome zazen  
And one step forward to share Buddha nature  
Recognize it  
No one needs to change it!  
Upside down, time and space  
Is the everyday teacher

Written by Chris Butner on 4/1/20. Along the Stuart fork of the Trinity Alps Wilderness. Reflections of my last two weeks experience.