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"upside down, time and space"

Chris Butner

cabbagetrail2@yahoo.com

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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.