



Living Whole

Overcome an ire dawned at birth.
Window of senses free oneself, shameless.
Murky glimpse of division deems false and embryonic.
Quickened step, as draws near nightfall's draping eyes.
In hindsight, only that half-empty and residual dreams.
Outcome is carefully drawn by one's integrity.
Motives ajar, a seething degree of hard-packed din.
Imposes medley of choices, flattering and stalwart.
Refresh mindfulness, its truth solid to know.
Hone a skill with recovering glow, and among friends.

-Jan L. Harvey