

Change

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Change is such a puzzling concept
For nothing can ever stop it.

It is driven by time and
Is measured by the amount of things it affects
Within the space of time.

It is what we hate and
What we love.

It takes things from us and
Gives things to us.

It is formless yet
Touches the roots of all things form.

If it has become then one day
It will cease to be.

Time is analogous to a river.
Change being the rapids
Our idea of the future
The kayak.
The present moment
Our paddle.
Mindfulness
Our life jacket.

We mustn't drown ourselves
In identification with emotion.

It is essential to remain afloat - to flow with the current of time we find ourselves to be.