

WAVES

Life is a wave
energy in momentum
vibrations of never ending movement
to the ever changing pulse
of the earthbeat.

We roll and tumble
go up and down
over and around
in the emotion of motion
and ocean.

We break up and dissolve
crash and bang
separate and congeal
in constant change.

In the white water chaos
of the frothy life soup
we live in a wave
of the predictably
unpredictable.

Exhilarating to the pop
of negative ions
the rush of water and wind
are the new wave
fountain of youth.

We are water
oxygen and hydrogen
twin deities of breath
Inhale you are in
and full.

Exhale you are out
and empty.
waves come in
waves go out
ebb and flow
don't hold on.

Soft power
volumes of openness
vulnerability
acceptance and forgiveness
that keeps coming and coming.

In your playful nature
you are wave powerful
dangerous to some
lover to others
hypnotic and magnetic to all.

From deep to shallow
soft to hard
fluid to solid
change is a wave
of turbulent transitions
from peak to fall
and back again
surf it.

What wave are you on?
What waves do you create?
What's coming up?
What's going down?

James Wanless, 2000

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