

ONWARDS

I look slowly around me
Eye lingers on many a sight
Mind too dwells on it
And the memory it brings

A fond farewell is always sad
As I look into the faces of love
Such feelings I have had for these
For them my heart now sings

I cherish them one last time
Then I must let go
I leave them behind me
And sink into my self

In doing this I soar
Through everything that is
The universe becomes part of me
In all its expansive wealth

I experience what I am
No forces acting on me
I feel how it is
To be alone, to just be

I drift through this timeless time
Mind is soul and soul is mind
Then it ends, I find a form
Open my eyes, I am reborn

Cautiously I explore
The world I am now in
This becomes my new home
I live once again

I find once more, souls of beauty
With whom I share and care
It all comes to another close
I shut my eyes and then

As before, I am free
As before, I am me

A wave of joy surges through me
As I comprehend
This life changes, moves onwards
But it cannot end

I have complete assurance
Before I start anew
For whatever starts I already know
That its end is one day due

Then again I will be in the self
For the blissful reprieve
Until I understand
And then never leave

*By Jay 1999
In loving memory of JS Henning*

