

## To My Garden Of Eden

You who are always there  
In the silence of the air  
Guide me to the here and now  
Wipe the furrows from my brow.

Reveal the truth that I must see  
Snap my chains, set me free  
Show the path that I must follow  
To bring in happiness on the morrow.

My life will one day reach the end  
No more hopes, no self to defend  
Let me hear death's stark invective  
That I may see each day in perspective.

The inner voice that softly whispers  
Knows all outcomes through unseen "whiskers"  
Attune my mind to this gentle song  
That I may win and live where I belong.

Thoughts and words define spirit and will  
Making me healthy or miserable and ill  
What words are swirling through heart and mind -  
Appreciative, generous, or spiteful, unkind?

Writhing in misery enraged at my plight  
Complaining and blaming too muddled to fight  
My mistakes are demons beating my back  
With pitchforks and hammers, thwack, whack, crack.

"Victim!" "Failure!" "Reprobate!" "Fool!"  
"I've the hide of an ox and the head of a mule!"  
Condemnation destroys and erupts in rage  
Self pity brings death and miserable old age  
Reverse condemnation, replace misery with awe  
Build gratitude and tolerance to enjoy life the more

Disperse this gloom, reawaken my vision  
Help me see - and make a decision  
If I find the keys to courage and enlightenment  
My world will be enriched with reward and accomplishment

A single thought, insight or idea  
Is all that I need to change my career  
Each path leads nowhere, every one is the same  
It's the path with heart that makes life the great game.

Tomorrow teases through yearnings for pleasure  
Yet it's in the now I must mine for treasure.  
Memories cling, seduce and bewitch  
If I could but use them this day to enrich.

The past has vanished, it has ceased to exist  
With crimes and victories, and opportunities missed  
Do I cling to it or does it cling to me?  
Unresolved issues... please let me see.

All answers lie on a higher plane  
Above fear and guilt, retribution, and gain  
Often the opposite of what was expected  
My life will come right when these truths are accepted

Intangible 'thereness' knows my deeds and abilities  
Offering each day hints and opportunities  
Let me seize every chance and go with the flow  
When I find my happiness the universe will glow

As soon as I know what action to take  
I'll turn my boat, churn up a great wake  
Skimming across to my "Garden of Eden"  
The song in my heart giving thanks for my freedom.