



DOWN BY THE BEACH

i see the waves  
come up  
hang on to the air  
for a moment  
then go down  
shattering their forms  
into shapelessness  
once again  
withdrawing  
into themselves  
gathering their forces  
through some path  
gentle and ordered  
they build  
their momentum  
ready to scale  
the measureless  
i see the crabs  
snails and fishes  
how they move  
with ease  
and dignity  
not hounded  
by time  
and tradition  
i see the sand  
rocks  
and swaying palms  
how deeply  
they have sunk  
their roots  
with neither force  
nor violence  
i see that they  
greet me  
as i try  
to catch a glimpse  
of the moment's  
tenderness  
we're fellow travellers  
they seem to say  
in the realm of time

i see that they  
acknowledge  
my failure  
when i cannot  
hold  
the beauty  
of the sweeping  
waters  
in my mind  
for they seem to say  
you must not  
experience  
or recognize  
you must not  
know  
or think  
you must not  
seek  
or classify  
but you must  
sit still  
and be open  
you must listen  
and be silent  
freedom is  
the choiceless  
awareness  
only then  
will you be  
part of the sea  
and the sea  
be part of you.