

Centering

Seeking

Balance

In All of Life.

Not Too Little,

Not Too Much,

Just Enough.

Recognizing

Fear and Greed,

Power and Fame,

Hate and Lust

Are the Proponents

Of Excess

To Be Tamed.

Discovering

Happiness

Lies

Only Slightly Beyond

Needs.

Acting

To Participate,

Understand,

Take and Give,

Love and Respect.

Expanding

Identity

To Share In

Everything.

Becoming

Life

In the Fulfilling

Center.

Thomas A. Burns, 2022

Easy to State; Difficult to Achieve. The Beginning Is Identifying the Goal.
How Many in Today's Society Even Recognize the Goal?