

## Over Flow

Candle Light Flickers  
This Way and That  
Never Quite the Same  
As the Flame Floats  
Continuously Waving.

Change Is Endless,  
Always Offering  
Another Version  
Of the Present Moment.

Many of Us  
Flicker, Float and Wave  
Anxious For Tomorrow's Moment  
To Achieve  
Our Next Goal.

The Alternative  
Is  
Understanding, Respecting and Experiencing  
Our Totally Connected Existence  
**WITHIN**  
The Infinite Flow  
Of ALL,  
Beyond the Assumption  
Of Separate  
Things, Selves, Moments, and Goals.

Have We Modern Humans  
Lost the Alternative  
In Our Commitment to Either  
Secular Materialism  
Or  
Religious Fundamentalism?