



simplify

The world is slowly getting next to me,
The elevation in complexity;
Few things contract while many more expand,
As matters get rapidly out of hand.

While undulating in windstorms of stress;
They're inundating me with more work than less.
I hear a barely audible cry,
A whisper to slow down and simplify.

We move in the fast lane and at these speeds,
Too hurried to address another's needs.
I glance at headlines as I rush to meet
The deadlines and details as I compete
In a world that exceeds to multiply,
When it's more efficient to simplify.

Too many struggles are coming my way
I have to juggle more items each day.
I wonder openly, how long can I
Keep driving myself and not asking why,
Collapsing my life and rushing to die,
When I have the power to simplify.

So much to schedule, so much to track.
I can't let my head rule when under attack,
On my emotions I must rely,
To prolong my life I must apply
Holistic strategies, so that I
Can balance my world and simplify.

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