

VIRUS HIATUS

Now your life is interrupted
Now your plans are not fulfilled
Now you see life is no possession
Now you see life happens as it will

Don't waste time in building structures
Don't waste time trying to be in control
When death comes all this will leave you
When death comes you'll go alone

The time of death is quite uncertain
So now is the time for you to prepare
Find the ground of every moment
It's always open, removes all care

Being no-thing you cannot be found
Yet you are rich in sight and sound
You are life as it dances you
So let this life come flowing through

Your mind like the sky, deep and vast
Your speech like a stream of moments that pass
Your body, ceaseless movement never losing the beat
These three together are all you must keep

Let go of all that you think you have
You'll receive more when you're empty
Relax, like a mirror let it all appear:
All is equal and all so dear

James Low, 4/5/20