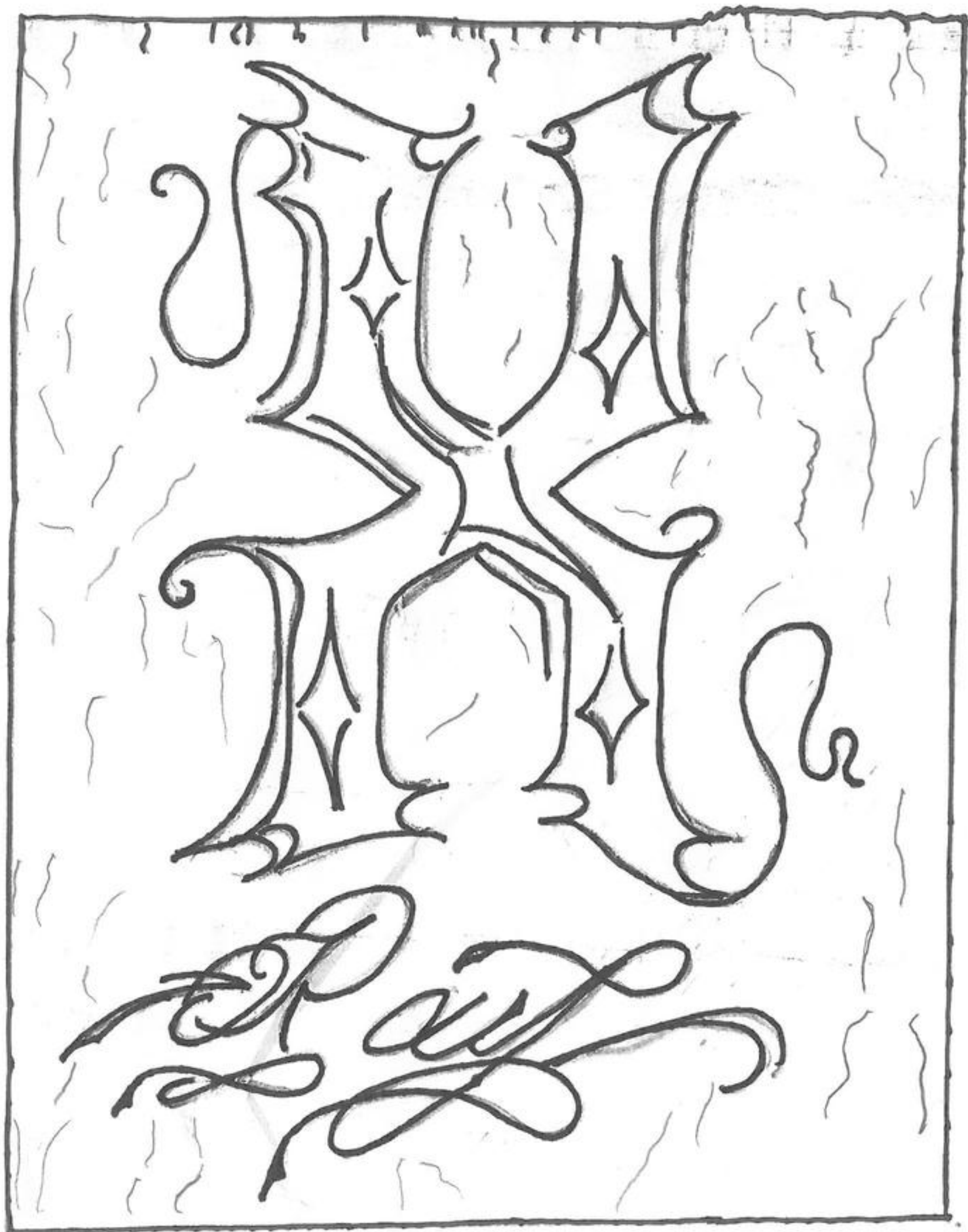ANCIENT LIGHT

I AM A RECOVERING, UNDERCOVER, OVER-LOVER

HOW CAN YOU RECOVER FROM THE NEED FOR AIR IN YOUR LUNGS? HOW CAN YOU RECOVER FROM THE NEED FOR LOVE IN YOUR HEART? HOW CAN YOU LET GO OF THE ADDICTION TO LIVE-SERVE YOUR BEST, UNCONDITIONALLY? HOW CAN YOU CALL THE SOUNDS OF JOY AND UNITY ON-GOINGLY, AND CONTINUE WITHOUT ANY RESPONSE FROM ANOTHER HUMAN- WHO IS BEING?

SO WHAT THE HECK DO YA DO? YOU PRESS THROUGH YOUR STRUGGLE-SUFFER AND COMBINE ALL THE BROKEN MEMORIES OF PAST LOVES INTO ONE POTION , ONE NOTION. FIRST YOU CRAWL, THEN YOU STUMBLE TO WALK, AND ONE DAY YOU START TO WONDER- WHY DID I EVER LEARN TO RUN?" WHY? THE RESULTS ARE CONSTANT THAT RUNNING JUST CAUSES QUICK ERROR AND CIRCUMSTANCES THAT NEED TO BE REVISITED, RE-TREATED, RELOVED, REPEATED AND SO I, I MEAN YOU – SHOULD JUST WALK!

I SHOULD WALK SLOWLY, AND STOP EVERY TIME IT CROSSES MY MIND. EVERY PAUSE AWAKE IS AN AUTHENTIC PHOTO OF A GRAND TEACHING MOMENT IN TRUE-LOVE-SELF. SO WALK , WALK, WALK, NOT RUN, WHY? BECAUSE LOVE NEVER RUNS. _**LOVE FLOWS**_. LOVE WALKS, AND LOVE WALKS TO A HIP-HOP, R&B, GOSPEL CLASSIC LOVE SONG THAT IS SO SLOW-MOTION, IT'S REALLY **"KNOW-MOTION."** .THIS MOTION OF KNOWING, CAN AND WILL, KEEP US PRESENT AND REFLECTIVE IN SEEING OUR GIFT THROUGH OUR PERSONAL **"NOW"** SURROUNDINGS.

SO WHILE EVERYONE IS TRYING TO CATCH UP, GET AHEAD, HURRY UP, GO AS FAST AS THEY CAN, AND KEEP UP – I'M GOING TO SLOW DOWN AND STEP TO A UNIVERSAL RHYTHM WITH A GALAXY BEAT-PATTERN THAT WILL PROVIDE THE INSURANCE AND ASSURANCE, THAT MY SOUL REQUIRES. IT'S NOT THE GRASS THAT I SHOULD BE WATCHING GROW. IT'S MY SOUL REFLECTION THAT I SHOULD BE RESTORING AND RECOVERING TOWARD IT'S ORIGINAL IMAGE-BEHAVIOR. IT'S NOT WORK, IT'S THE APPROPRIATE SELF-SERVICE THAT WE ALL NEED.

WALKING AWAKE THROUGH OUR LIVES WILL RETURN US TO THE NECESSARY PRACTICE OF REMEMBERING THAT:

WE ARE ON A PLANET WHERE EVERYONE WANTS TO FORGET THAT LOVE HEALS EVERY WOUND.

I AM A RECOVERING, UNDER COVER, OVER-LOVER

I AM AN AFRICAN CLASSIC.