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Ever stare hard and long
at an empty gray sky
or a bright white wall?
The mind starts scanning
for something to hook onto.
It's like when the laundry's done,
the fridge full,
the house clean,
your weekend unplanned,
no one's around
but your ho-hum self
immersed in its inner landscape.
TV shows repeat,
like your thoughts
pursuing the old stories
and perusing new ones,
jumping back and forth.
The mind needs something
to focus on
like following cycles of breath
in... out...
the hypnotic rising and falling
from belly to chest
calming, stilling
returning...
home.

Listen to Ms. Marjorie Jacobs read this poem, available on the iPad® and Android™ devices.

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Marjorie Jacobs and CAGS in Integrative Holistic Health

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