

And the only cure

Unmet desire
hurts

And the only cure
is to not take it too seriously
and to enjoy it

Dance it and yourself around and around
until you are dizzy
and just have to laugh

And then see others doing the same thing
and you're all sisters and brothers
lovers and friends
all in the all together
dizzy and laughing

Which is the real Celtic orgy
Being alive
and in love with aliveness, energy
and presence
in yourself
in the things you see
and the people you feel

For a few moments or a lot of moments
every day

It's all always available
and open
wanting you inside
and ecstatic
all the time

Every moment is available
and wants you as its lover

Bill Eberle 2006

(from an email to a friend which I don't think I ever sent
and with thanks to Hafiz and Daniel Ladinsky for The Gift)

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