

Life is for the Living

Echoes of distant voices,
Shroud their tarnished, sleeping soul,
Incessant music slowly seeping in,
Suddenly jolting,
Somniacs arise,
To seductive phones filled with surging messages.
Wasting heavenly moments,
Scrolling through insipid words and meaningless images,
Minds bloated– drowning in *dings* and *tings* and *LOLs*.

Rushing through life,
Absentmindedly checking jammed inboxes and notifications,
While missing little ms. sunshine peeking over the horizon,
Overlooking the baby blue bird taking its first fragile flight,
In lieu of one more *like* or *share*.
Eyes glued to the screen–fixated on nothing but believing it's filled with great meaning.

Cast your eyes up–feel the beauty of your breath,
The radiant warmth of the sun upon your face.
Revel in the melody of trees and wind, serenading your soul
Becoming one with the world around you...

For life,
is for the living.

Lines: 21