Unlayered, Unwaiting, Understood.

One rising that lifts you, breathes you into a vivid cosmos, A curving joy always present.

that there is only one Intention, awake in bed each morning)

Until it stayed there – shy as a barely-steaming spoonful, shining like loosened light.

to roll like mercury's evanescence to roll like mercury's evanescence

And then panic to find it again. foolish me, foolish mind, foolish wanting.

soon to be out of reach, like a point on the horizon a troubled painter paints.

One day I saw pain wearing my Intention into fading, turning it inward, away,

It lay tucked in my heart, protected from a loud, hurried voice asking for something more.

Worries that could never console or comfort or pour even the palest cup of tea.

Past the siphon of cool air rising from tumbling shadows curried with indistinct worries.

Looking past lawn and lavender, where the cat would hide,

Please recycle to a friend!

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THE INTENTION
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## THE INTENTION



JAN KEOUGH

This poem was created from a reverie. I present it as it arrived at my doorstep.

I hope you have such a visitor your own Intention—waiting to be seen.

/jk

## THE INTENTION

It was always there – my Intention, lying beneath layers, reluctant to be seen.

Layers I never wanted that covered the shyest hint of something wanting to be free.

An Intention watching me while I gazed open-eyed at a calm afternoon's trace outside my window,