

## **Seek No More**

Spiraling are my thoughts this morning  
They want to explore what is out there  
Those flying dreams and feelings - life's strides.  
The parallels of thoughts – conscious, abstained  
those seeking and yearning  
those caring; some needing shelter  
those struggling; some humbling....  
Darting like the wind, my mind claims the seconds  
Confronting life's truths – capturing and writing  
exemplifies the wants within the soul  
Creating words that heal to help recover – promote  
To humbly hope that in the convergence  
of dreams and changes in our lives,  
the yearning soul awakes –  
Finds the ALMIGHTY and ultimately seek no more  
For existence becomes that living peace  
*(Dedicated to the Columbia Shuttle Crew)*