

# Overflow

By Jessica Farley

*My heart is Spring  
And I am green in love  
Soft like sunshine  
seeing through obscurity into the light that you carry within  
compassion is my bridge, I sail into you  
through your suffering I release my heart  
through your darkness I am born into the morning of love  
I am here with you and you are beautiful*

This is the hour-glass bottle-neck  
I am poured into a new being  
Fresh like the self I was before I was self  
and birthed in enlightened eyes I  
    see a vulnerable caress,  
        a gaping wound,  
            a bloody hand  
    a tear-stained man  
I am beyond and within in a canvas,  
    unraveled poetry in paint-brush strokes  
        fading through time we are captured in  
    a fading hour when only the sublime remains

I am bursting forth from a narrative and  
you are arriving in my consciousness  
We walk a way and left behind  
    is the breath on the wind  
        of our running too fast  
    still vibrating in the midnight air

I pause,  
I recollect my awe and travel  
    this thread leads me into bareness and where  
        there is the only place for emptiness  
    an emptiness, a long sought return,  
a feet up head back sojourn into essence



Illustration by Eric Collins