

## LIFE'S COMPLEX SIMPLICITY

Every day a flowing sea,  
Of faces, places, memories,  
Flying past all too fast,  
Here one moment, gone the next.  
Will we pause to take a breath,  
Before regret is all that's left?  
And grasping for the before,  
We close the door, again ignore.  
The pattern paces unrelenting,  
Disbelieving and pretending,  
To stay abreast of a happy zest,  
Of life's fleeting flickers of innocence  
It's beauty serene and often unseen,  
Amid the mundane and unclean.  
We must pause, recharge, and relax,  
To slow the never-ending fast,  
And close our eyes to truly see,  
See the beauty of serenity.

*Sara Elizabeth Teller*