

## Dispersement

*Drawn up and out  
Faster than the intake of a breath  
It's felt in the 'stomach'  
Like going over and down a big hill  
Safely, yet at a high rate of speed...  
Release requires a choice,  
Conscious detachment from all attachment,  
Thrilling but scary for body and mind –  
The mind has the most difficulty.  
    Oh, but where do I go?  
Into everywhere, as everyone.  
The universe awaits to be experienced  
And I am no longer myself.  
One isn't 'ready' for this –  
It's not like anything here that one knows,  
Except one who has flung himself from a mountain...  
Die to this world, yet experience All.*

©2009 Judy Hays-Eberts  
12/19/08