

Simplify

Sheila Nicholls

frivolity, well it's good to know,
beyond my brain, I got somewhere to go,
to the deserts to the trees,
let them take you a little higher,
take your clothes off when you can
and dance around the fire

simplify, take the day to ,simplify, leave the fray to
simplify, pave the way to, clear my mind.

pontificate, well you know that we do,
in the first world, where its a luxury to.
But when pretensions' run amok
and there's circles in the crowd
when the privilege is forgot
I want to be elementally endowed.

...dissolving the mundane,
to find exceptional.
lucidity sustained....(comin on now)
clear my mind.