

Poem: Slow Dance

Have you ever watched kids
On a merry-go-round,
Or listened to rain
Slapping the ground?

Ever followed a butterfly's erratic flight,
Or gazed at the sun fading into the night?

You better slow down,
Don't dance so fast,
Time is short,
The music won't last

Do you run through each day
On the fly,
When you ask, "How are you?",
Do you hear the reply?

When the day is done
Do you lie in your bed,
With the next hundred chores
Running through your head?

You better slow down,
Don't dance so fast,
Time is short,
The music won't last

Ever told your child,
We'll do it tomorrow,
And in your haste,
Not see his sorrow?

Ever lost touch,
Let a friendship die,
'Cause you never had time
To call and say hi?

You better slow down,
don't dance so fast,
time is short,
the music won't last

When you run so fast to get somewhere
You miss half the fun of getting there.
When you worry and hurry through your day,
It's like an unopened gift thrown away.

Life isn't a race,
So take it slower,
Hear the music
Before your song is over

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