

## RECOVERY

There's a new moon out for a brisk walk  
I've got strange notions  
And that's alright  
I've got wild feelings  
And that's alright  
No more monkey on my shoulder  
We take this walk together  
I recover me  
You recover you

I've been in the region of soul  
Back before the beginning  
Where the heat is quiet  
At the center of sound  
Is a quiet hollow  
Where sound is born  
At the core of personality  
Is something empty  
Where feeling is born  
Out of empty spills the seeds of meaning  
Out of empty spills the filling of full

For a long long time  
It was lean bare bones  
Stripped to the nub  
Tenets of perseverance  
Now my heart is speaking to me again  
And space is once again possibility  
That the roof yields to  
Without resistance  
Life is ample and full of itself  
And still  
There's room in its belly  
And place in its heart  
For me