



Breaking Cycles

Litmus A Freeman

As above below
The study of alchemy shows
The worlds all spiral 'round
As do our cycles too I've found

As the seasons come and go
Our lessons of life all seem to show
We all have cycles we need to break
Seen in dreaming and felt awake

So familiar they become
Like our rising, setting Sun
We almost need them to repeat
Daily dramas to complete

Our minds in subconscious stress
Create the thoughts that we can't confess
And once again we will spiral down
Depression etching into a frown

They call and off we go
As to persistent friends to whom we can't say no
Creating our own misery
Through illusions of stability

But we can break all the cycle pains
'till only positive thoughts remain
By saying 'NO' every time they call
'till no longer they call at all

For all our thoughts are energy
And we can choose to let them be
Or we can choose to let them go
If first we free our minds to know

That breaking cycles is the key
To setting all of our spirits free
Thought in mind, consciously
Manifesting reality (breaking cycles)

To be the best that it can be...